



INDIAN SCHOOL AL WADI AL KABIR



CLASS: VI	DEPARTMENT: SCIENCE 2026-27	DATE: 06-05-2026
TEXTBOOK Q & A	TOPIC: MINDFUL EATING: A PATH TO A HEALTHY BODY	NOTE: A4 FILE FORMAT
NAME OF THE STUDENT:	CLASS & SECTION:	ROLL NO.

1. Pick the odd one out and give reasons:

- (i) Jowar, Bajra, Ragi, Chana
- (ii) Kidney beans, Green gram, Soya bean, Rice

Hint:

- (i) Chana is the odd one out because it is a pulse (legume), while Jowar, Bajra, and Ragi are millets (cereals).
- (ii) Rice is the odd one out because it is a cereal, while Kidney beans, Green gram, and Soya bean are all pulses (legumes).

2. Discuss traditional versus modern culinary practices in India.

Hint:

Traditional culinary practices in India involve:

Use of local and fresh ingredients.

Slow cooking methods on chulhas (clay stoves).

Handmade utensils include a mortar, a stone grinder, and a pestle.

Modern culinary practices involve:

Use of processed and packaged food.

Fast cooking methods, like pressure cooking and modern gas stoves.

Electric appliances like blenders and microwaves.

While modern practices are more convenient, traditional practices often retain more nutrients and flavours. These changes are due to different factors such as technological development, improved transportation, availability of a variety of ingredients, time constraints and lifestyle changes.

3. A teacher says that good food may act as medicine. Ravi is curious about this statement and has some questions for his teacher. List at least two questions that he can ask.

**Hint: Two possible questions Ravi could ask his teacher are:
What are some examples of foods that can act as medicine?
How do these foods help in preventing or curing diseases?**

4. Not all delicious foods are necessarily healthy, while not all nutritious foods are always enjoyable. Share your thoughts along with a few examples.

Hint: Delicious foods like pizza, burgers, and ice cream are often high in fats, sugars, and calories but low in nutrients. They are not always healthy.

On the other hand, nutritious foods like bitter gourd, spinach, and sprouts may not be as tasty for some people. They may not always be tasty, but they are very good for your health.

It's important to find a balance and make healthy foods more appealing by experimenting with different recipes and cooking methods.

5. Medu does not eat vegetables but enjoys biscuits, noodles, and white bread. He often has stomach aches and constipation. What changes should he make in his diet to get rid of these problems? Explain your answer.

Hint: Medu should include more fruits, vegetables, and whole grains in his diet. These foods are rich in fibre, which helps in digestion and prevents constipation.

He should also reduce his intake of processed foods like biscuits, noodles, and white bread as they are low in fibre and nutrients.

Drinking enough water throughout the day will also help relieve constipation.

6. Reshma had trouble seeing things in dim light. The doctor tested her eyesight and prescribed a particular vitamin supplement. He also advised her to include a few food items in her diet.
- (i) Which deficiency disease is she suffering from?
 - (ii) Which food component may be lacking in her diet?
 - (iii) Suggest some food items that she should include in her diet to overcome this problem (any four).

Hint:

- (i) Reshma is suffering from night blindness, which results in trouble seeing things in dim light.**
- (ii) Vitamin A may be lacking in Reshma's diet, as a deficiency of Vitamin A causes night blindness.**
- (iii) Reshma should include foods rich in Vitamin A, like carrots, green leafy vegetables (spinach, kale), sweet potato, papaya, mango, milk, and eggs in her diet.**

7. You are provided the following:

- (i) Canned fruit juice
- (ii) Fresh fruit juice
- (iii) Fresh fruit

Which one would you prefer and why?

Hint: I would prefer fresh fruit. Fresh fruits are the most nutritious as they retain all their vitamins, minerals, and fibre.

Fresh fruit juices are a good second choice as they contain most of the nutrients, but the fibre is lost. Canned fruit juices often have added sugars and preservatives, and may lose some nutrients during processing.

8. Gourav got a fracture in his leg. His doctor aligned the bones and put on a plaster. The doctor also gave him calcium tablets. On the second visit, the doctor gave him Vitamin D syrup along with calcium tablets. Refer to the table given and answer the following questions:

Component (Vitamin/Mineral)	Functions	Some sources	Deficiency disease/disorder	Symptoms
Vitamin A	Keeps eyes and skin healthy	Papaya, carrot, mango, milk	Loss of vision	Poor vision, loss of vision in darkness (night blindness), sometimes complete loss of vision
Vitamin B ₁	Keeps heart healthy and supports body to perform various functions	Legumes, nuts, whole grains, seeds, milk products	Beriberi	Swelling, tingling or burning sensation in feet and hands, trouble in breathing
Vitamin C	Helps body to fight diseases	Amla, guava, green chilli, orange, lemon	Scurvy	Bleeding gums, slow healing of wounds
Vitamin D	Helps body absorb calcium for bone and teeth health	Exposure to sunlight, milk, butter, fish, eggs	Rickets	Soft and bent bones
Calcium	Keeps bones and teeth healthy	Milk/soya milk, curd, cheese, paneer	Bone and tooth decay	Weak bones, tooth decay
Iodine	Helps to perform physical and mental activities	Seaweed, water chestnut (<i>singhada</i>), iodised salt	Goitre	Swelling at the front of the neck
Iron	Important component of blood	Green leafy vegetables, beetroot, pomegranate	Anaemia	Weakness, shortness of breath

- (i) Why did the doctor give calcium tablets to Gourav?
- (ii) On the second visit, why did the doctor give Vitamin D syrup along with calcium tablets?
- (iii) What question arises in your mind about the choices made by the doctor in giving the medicines?

Hint:

- (i) **The doctor gave calcium tablets to Gourav to help in the healing and strengthening of his fractured bone.**

- (ii) **Vitamin D helps the body absorb calcium better. The doctor prescribed Vitamin D syrup to ensure better absorption of the calcium tablets and promote faster healing.**
- (iii) **The question that arises is: Why was Vitamin D not given in the first visit along with calcium tablets?**

9. Sugar is an example of a carbohydrate. Sugar is tested with iodine solution, but it does not change to a blue-black colour. What can be a possible reason?

Hint: Iodine solution reacts specifically with starch, not with simple sugars. It is used to test the presence of starch in a substance. When iodine comes into contact with starch, it forms a blue-black complex. Sugar is a simple carbohydrate and does not contain starch; therefore, it does not change colour when tested with iodine solution.

10. What do you think of Raman's statement, "All starches are carbohydrates, but not all carbohydrates are starches." Describe the design of an activity to test your answer.

Hint: Raman's statement is correct. All starches are complex carbohydrates, but not all carbohydrates are complex. Simple carbohydrates, such as sugars, are not starches. To test this, we can take different food items like sugar, bread, potatoes, and milk. We can test each food item with iodine solution. The food items containing starch (like bread and potatoes) will turn blue-black, while those containing simple carbohydrates (like sugar and milk) will not change colour.

11. While using iodine in the laboratory, a few drops of iodine fell on Mishti's socks, and a few fell on her teacher's saree. The drops of iodine on the saree turned blue-black, while the colour on the socks did not change. What can be a possible reason?

Hint: The teacher's saree likely contains starch (like in cotton or linen), which reacts with iodine to turn blue-black. Mishti's socks are likely made of synthetic fibres like polyester or nylon, which do not contain starch and therefore do not react with iodine.

12. Why are millets considered a healthy choice of food? Can eating just millets suffice for the nutritional requirements of the body? Discuss.

Hint: Millets are considered a healthy food choice because they are rich in nutrients like proteins, minerals, vitamins, and fibre. However, eating just millets cannot suffice for all the nutritional needs of the body.

Our body requires a variety of nutrients from different food groups like pulses, fruits, vegetables, and dairy products for overall health and development. Millets can be a healthy part of a balanced diet.

13. You are given a sample of a solution. How would you check the possibility of it being an iodine solution?

Hint: To check if a given solution is an iodine solution, we can perform a starch test. We can take a food item rich in starch (like a potato or bread) and add a few drops of the given solution to it.

If the solution is iodine, the food item will turn blue-black, confirming the presence of starch. If there is no colour change, the given solution is not iodine.

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