

UNIQUE STUDY POINT

By Sumeet Sahu

www.uniquestudyonline.com

Unique Study Point, Amitesh Nagar, Indore, MP | Contact: 8103405051

Class: VI	Subject: Science	Session: 2025-26
Chapter: 03 - Mindful Eating: A Path to a Healthy Body	Time: 1½ Hours	Max. Marks: 40

General Instructions:

1. All questions are compulsory.
2. This question paper contains 20 questions divided into five sections A, B, C, D and E.
3. Section A contains 10 MCQs of 1 mark each.
4. Section B contains 4 questions of 2 marks each.
5. Section C contains 3 questions of 3 marks each.
6. Section D contains 1 question of 5 marks.
7. Section E contains 2 Case Study Based questions of 4 marks each.

SECTION A - Multiple Choice Questions (1 mark each)

Q1. Which nutrient provides immediate energy to a marathon runner?

- (a) Protein
- (b) Glucose (Carbohydrate)
- (c) Fat
- (d) Vitamin

Q2. Which of the following is a deficiency disease caused by lack of Vitamin C?

- (a) Goitre
- (b) Rickets
- (c) Scurvy
- (d) Anaemia

Q3. What color change occurs when iodine solution is added to starch?

- (a) Red to yellow
- (b) Colorless to blue-black
- (c) White to brown
- (d) Green to orange

Q4. Which of the following is a source of carbohydrates?

- (a) Peas and beans
- (b) Wheat and rice

(c) Fish and meat

(d) Milk and cheese

Q5. Which traditional food of Punjab is made from maize?

(a) Idli and Dosa

(b) Makki di roti

(c) Rice and sambhar

(d) Ragi mudde

Q6. What is the main purpose of dietary fibre in our diet?

(a) To provide energy

(b) To help digestion and ensure smooth passage of stools

(c) To build muscles

(d) To fight diseases

Q7. Which food component turns violet when tested with copper sulphate and caustic soda?

(a) Starch

(b) Fat

(c) Protein

(d) Carbohydrate

Q8. Which of the following is a junk food?

(a) Green vegetables

(b) Fresh fruits

(c) Potato wafers

(d) Pulses

Q9. Millets are also known as:

(a) Energy-giving foods

(b) Nutri-cereals

(c) Body-building foods

(d) Protective nutrients

Q10. Which cooking tool is a traditional method of grinding grains?

(a) Electrical grinder

(b) Sil-batta

(c) Blender

(d) Food processor

SECTION B - Short Answer Questions (2 marks each)

- Q11.** Name two traditional foods from Karnataka and their main ingredients.
- Q12.** Explain why proteins are called body-building foods. Mention two food sources of protein.
- Q13.** What is the difference between energy-giving foods and body-building foods? Give one example of each.
- Q14.** What does food miles mean? Why is reducing food miles important?

SECTION C - Short Answer Questions (3 marks each)

- Q15.** Describe the test for detecting fats in food items. What observation would indicate the presence of fat?
- Q16.** What is a balanced diet? Name the essential components that a balanced diet should contain.
- Q17.** Compare the nutritional content of potato wafers with roasted chana. Why should we prefer roasted chana?

SECTION D - Long Answer Question (5 marks)

- Q18.** Explain how culinary practices have changed over time in India. Describe the changes in cooking tools and methods, and discuss the factors responsible for these changes.

SECTION E - Case Study Based Questions (4 marks each)

Q19. Case Study: Scurvy in Sailors

In 1746, Scottish physician James Lind observed that sailors who consumed lemons and oranges recovered from bleeding and swollen gums (symptoms of scurvy). Based on this case study:

- (i) Which vitamin deficiency causes scurvy?
- (ii) Name three citrus fruits rich in this vitamin.
- (iii) Why is this vitamin important for our body?

Q20. Case Study: Iodised Salt and Goitre

In the 1960s, Indian scientists found that people in Himalayan regions suffered from goitre. Government efforts to supplement common salt with iodine reduced these symptoms. Based on this case study:

- (i) What is goitre and which nutrient deficiency causes it?
- (ii) What is iodised salt?
- (iii) Name two other food sources of iodine besides iodised salt.

SECTION A - Answers to MCQs

Q1. Answer: (b) Glucose (Carbohydrate)

Glucose is a carbohydrate that provides instant energy, which is why marathon runners drink glucose water during and after races.

Q2. Answer: (c) Scurvy

Scurvy is caused by deficiency of Vitamin C and results in bleeding gums and slow healing of wounds.

Q3. Answer: (b) Colorless to blue-black

When iodine solution is added to starch, it turns blue-black in color, which is the test for detecting starch in food items.

Q4. Answer: (b) Wheat and rice

Wheat and rice are cereals rich in carbohydrates. Peas and beans contain proteins, fish and meat contain proteins, and milk and cheese contain proteins and fats.

Q5. Answer: (b) Makki di roti

Makki di roti is a traditional Punjabi food made from maize flour. It is traditionally eaten with sarson da saag.

Q6. Answer: (b) To help digestion and ensure smooth passage of stools

Dietary fibre (roughage) helps in digestion and removes waste from the body, ensuring smooth passage of stools. It does not provide nutrients but is essential for proper digestion.

Q7. Answer: (c) Protein

When copper sulphate and caustic soda are added to protein, the mixture turns violet, indicating the presence of protein in the food item.

Q8. Answer: (c) Potato wafers

Potato wafers are junk foods because they have high calories due to high sugar and fat content but contain very low amounts of proteins, minerals, vitamins, and dietary fibres.

Q9. Answer: (b) Nutri-cereals

Millets are small-sized grains that are rich in vitamins, minerals (iron and calcium), and dietary fibres. They are called nutri-cereals because they provide essential nutrients.

Q10. Answer: (b) Sil-batta

Sil-batta (stone grinder) is a traditional tool used for grinding grains. Nowadays, electrical grinders are used for ease and speed.

SECTION B - Answers to Short Answer Questions

Q11. Answer: Two traditional foods from Karnataka: (1) Idli - made with rice and urad (black gram), (2) Dosa - made with rice and urad batter. Other examples: Sambhar (rice with vegetables), Ragi mudde (made with ragi flour).

Q12. Answer: Proteins are called body-building foods because they help in growth and repair of body tissues and muscles. Two food sources: (1) Plant sources - pulses, beans, peas, peanuts, (2) Animal sources - milk, paneer, eggs, fish, meat.

Q13. Answer: Energy-giving foods (carbohydrates and fats) provide energy for activities, while body-building foods (proteins) support growth and repair of tissues. Example: Carbohydrate - wheat/rice; Protein - pulses/milk.

Q14. Answer: Food miles is the distance travelled by food from producer to consumer. Reducing food miles is

important because it: reduces transportation cost, cuts down pollution, supports local farmers, and keeps food fresh and healthy.

SECTION C - Answers to Short Answer Questions

Q15. Answer: Test for fat: (1) Place food on paper, (2) Wrap and press gently, (3) Allow to dry if wet, (4) Hold against light. Observation: An oily patch on paper that allows light to shine through indicates presence of fat.

Q16. Answer: A balanced diet contains all essential nutrients in the right amounts for proper growth and development. Essential components: (1) Carbohydrates, (2) Proteins, (3) Fats, (4) Vitamins, (5) Minerals, (6) Dietary fibre, (7) Water.

Q17. Answer: Potato wafers: 536 kcal, 35g fat (HIGH), 7g protein (LOW). Roasted chana: 355 kcal, 6.26g fat (LOWER), 18.64g protein (HIGHER), 16.8g fibre. Roasted chana is preferred due to lower calories, lower fat, higher protein and dietary fibre content.

SECTION D - Answer to Long Answer Question

Q18. Answer: Changes in culinary practices:

Cooking tools: Traditional chulha → Modern gas/electric stoves. **Grinding methods:** Sil-batta → Electrical grinders.

Factors responsible: (1) Technological development, (2) Improved transportation, (3) Better communication, (4) Urbanization, (5) Economic development. These changes make cooking faster and more convenient, though traditional methods had cultural significance.

SECTION E - Answers to Case Study Based Questions

Q19. Answer: (i) Vitamin C deficiency causes scurvy. (ii) Three citrus fruits: Lemon, Orange, Lime. Other sources: Amla, guava, green chilli. (iii) Vitamin C helps body fight diseases, aids in wound healing, and strengthens immunity against infections.

Q20. Answer: (i) Goitre is swelling at front of neck caused by Iodine deficiency, affecting thyroid function. (ii) Iodised salt is common salt mixed with iodine salts. (iii) Other iodine sources: Seaweed, water chestnut (singhada), fish, seafood, eggs.

Made with ♥ by Sumeet Sahu

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Website: uniquestudyonline.com