

UNIQUE STUDY POINT

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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 of the following is NOT a nutrient?
- (a) Carbohydrate
 - (b) Protein
 - (c) Color
 - (d) Vitamin
- Q2.** Which deficiency disease results in soft and bent bones?
- (a) Scurvy
 - (b) Rickets
 - (c) Goitre
 - (d) Anaemia
- Q3.** Which food component is tested by observing an oily patch on paper?
- (a) Protein
 - (b) Carbohydrate
 - (c) Fat
 - (d) Vitamin
- Q4.** Which of these is a source of Vitamin D?
- (a) Milk
 - (b) Sunlight

- (c) Eggs
- (d) All of the above

Q5. Idli and Dosa are traditional foods of which state?

- (a) Punjab
- (b) Karnataka
- (c) Manipur
- (d) Maharashtra

Q6. Which mineral is essential for blood formation?

- (a) Calcium
- (b) Iron
- (c) Iodine
- (d) Sodium

Q7. What does roughage do in our body?

- (a) Provides energy
- (b) Builds muscles
- (c) Helps remove waste
- (d) Fights diseases

Q8. Which cooking method was traditionally used in rural India?

- (a) Gas stove
- (b) Chulha
- (c) Electric cooker
- (d) Microwave

Q9. Which cereals are rich in iron, calcium, and dietary fibre?

- (a) Wheat and rice
- (b) Millets (jowar, bajra, ragi)
- (c) Pulses
- (d) Nuts and seeds

Q10. Which food component is called "roughage"?

- (a) Vitamin
 - (b) Protein
 - (c) Dietary fibre
 - (d) Fat
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SECTION B - Short Answer Questions (2 marks each)

- Q11.** What are the three main differences between traditional and modern culinary practices?
- Q12.** Name four deficiency diseases and the nutrients responsible for them.
- Q13.** What is fortification of food? Give one example.
- Q14.** List four characteristics of junk foods and their health effects.

SECTION C - Short Answer Questions (3 marks each)

- Q15.** Describe the procedure to test for the presence of protein in food items.
- Q16.** Explain the relationship between local crops and traditional foods of a region.
- Q17.** Why are vitamins and minerals called protective nutrients? Explain their importance with examples.

SECTION D - Long Answer Question (5 marks)

- Q18.** What is the journey of food from farm to plate? Explain the various steps involved in this process and mention the people involved at each stage.

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

Q19. Case Study: Nutrition Research in India

Couthur Gopalan was a pioneering nutritionist who initiated nutrition research in India. He analyzed over 500 Indian foods and identified widespread nutritional deficiencies, leading to the Mid Day Meal Scheme (now PM POSHAN):

- (i) What was Gopalan's major contribution to Indian nutrition?
- (ii) What is the objective of the PM POSHAN scheme?
- (iii) Name three nutrients that were found to be deficient in the Indian population.

Q20. Case Study: Traditional Food Practices

Indian food preferences vary greatly across regions due to local crop cultivation, climate, culture, and traditions. For example, Manipur grows rice, bamboo, and soya bean, resulting in different food items compared to Punjab:

- (i) Why does food preference vary across different states of India?
- (ii) Name the locally grown crops in Manipur.
- (iii) What traditional foods are made from these crops in Manipur?

SECTION A - Answers to MCQs

Q1. Answer: (c) Color

Color is not a nutrient. Nutrients are substances in food that our body needs for energy, growth, and protection.

Q2. Answer: (b) Rickets

Rickets is caused by Vitamin D deficiency, resulting in soft and bent bones due to poor calcium absorption.

Q3. Answer: (c) Fat

Fat is detected by wrapping the food in paper and observing an oily patch that allows light to shine through.

Q4. Answer: (d) All of the above

Vitamin D comes from multiple sources: exposure to sunlight (body produces it), milk, butter, fish, and eggs.

Q5. Answer: (b) Karnataka

Idli and Dosa are traditional South Indian foods from Karnataka made with rice and urad batter.

Q6. Answer: (b) Iron

Iron is an important component of blood and is needed to prevent anaemia. Sources include green leafy vegetables, beetroot, and pomegranate.

Q7. Answer: (c) Helps remove waste

Roughage (dietary fibre) helps our body get rid of undigested food and ensures smooth passage of stools.

Q8. Answer: (b) Chulha

A chulha (traditional stove) was the primary cooking method in rural and traditional India before modern gas and electric stoves.

Q9. Answer: (b) Millets (jowar, bajra, ragi)

Millets are nutri-cereals rich in vitamins, minerals like iron and calcium, and dietary fibres, making them highly nutritious.

Q10. Answer: (c) Dietary fibre

Dietary fibre, also called roughage, is the indigestible component of food that helps in digestion and waste removal.

SECTION B - Answers to Short Answer Questions

Q11. Answer: Three main differences between traditional and modern culinary practices:

- (1) Cooking tools: Traditional chulha → Modern gas/electric stoves
- (2) Grinding methods: Sil-batta (manual stone grinder) → Electrical grinders
- (3) Speed and convenience: Traditional methods were time-consuming; modern methods are faster and more efficient.

Q12. Answer: Four deficiency diseases:

- (1) Scurvy - Vitamin C deficiency (bleeding gums)
- (2) Rickets - Vitamin D deficiency (soft bent bones)
- (3) Goitre - Iodine deficiency (neck swelling)
- (4) Anaemia - Iron deficiency (weakness, shortness of breath)

Q13. Answer: Fortification of food is the process of adding additional nutrients to food during processing to improve its nutritional quality.

Example: Iodised salt (common salt fortified with iodine), fortified baby foods.

Q14. Answer: Characteristics of junk foods:

- (1) High in calories due to high sugar and fat content
- (2) Very low in proteins, minerals, and vitamins
- (3) Low in dietary fibres
- (4) Make a person obese and cause several health problems.

SECTION C - Answers to Short Answer Questions**Q15. Answer: Procedure to test for protein:**

- (1) Take food items and make a paste or powder using pestle and mortar
- (2) Put about half teaspoon of food in a clean test tube
- (3) Add 2-3 teaspoons of water and shake well
- (4) Add two drops of copper sulphate solution
- (5) Add 10 drops of caustic soda solution
- (6) Shake and wait a few minutes

Observation: If violet/purple color appears, protein is present.

Q16. Answer: Traditional food of any region is usually based on crops grown in that region. India has diverse soil and climate, leading to different crops in different regions. For example, Punjab grows wheat and maize (making Makki di roti), Karnataka grows rice (making Idli and Dosa), and Manipur grows rice and bamboo (making rice-based dishes). This relationship between local crops and traditional foods exists because these foods were developed based on availability of local resources.

Q17. Answer: Vitamins and minerals are called protective nutrients because they protect our body from diseases and keep us healthy. They strengthen the body and help fight infections.

Examples:

- Vitamin C (from citrus fruits) helps body fight diseases
- Vitamin D (from milk, sunlight) helps absorb calcium for healthy bones
- Iron (from green vegetables) is important component of blood
- Iodine (from iodised salt) helps in physical and mental activities

SECTION D - Answer to Long Answer Question**Q18. Answer: Journey of food from farm to plate:**

Step 1 - Farming: Farmer grows crops (e.g., wheat) in the field.

Step 2 - Harvesting: Crops are harvested when mature.

Step 3 - Threshing and Winnowing: Grains are separated from husk and chaff.

Step 4 - Storage: Grains are stored safely to prevent damage.

Step 5 - Processing: Grains are ground into flour and packed.

Step 6 - Transportation: Packaged food is transported to retail shops and markets.

Step 7 - Retail: Food reaches the consumer through shops and markets.

Step 8 - Cooking: Consumer cooks and prepares the food.

People involved: Farmers, labourers, mill workers, transporters, retailers, consumers.

SECTION E - Answers to Case Study Based Questions**Q19. Answer:**

- (i) Couthur Gopalan's major contribution was initiating nutrition research in India and analyzing over 500 Indian foods for their nutritional value, identifying widespread deficiencies in the population.
- (ii) The objective of PM POSHAN scheme is to provide balanced food in government-run and government-aided schools to improve health and nutrition of children.
- (iii) Three nutrients found deficient: Protein, Energy (calories), and other food components like vitamins and minerals.

Q20. Answer:

(i) Food preferences vary due to: (1) Cultivation of food crops in the region, (2) Taste preferences, (3) Culture and traditions, (4) Climate and soil type, (5) Local availability of ingredients.

(ii) Locally grown crops in Manipur: Rice, bamboo, soya bean

(iii) Traditional foods from these crops: Eromba (rice chutney), Utti (yellow peas and green onion curry), Singju (bamboo shoot dish), Rice with various local vegetables.

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