

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. Laddoos are made with which traditional fat source?

- (a) Oil
- (b) Ghee
- (c) Butter
- (d) Cream

Q2. Which vitamin deficiency causes night blindness?

- (a) Vitamin B1
- (b) Vitamin A
- (c) Vitamin D
- (d) Vitamin C

Q3. Which test turns food violet/purple?

- (a) Starch test
- (b) Fat test
- (c) Protein test
- (d) Sugar test

Q4. Traditional Manipuri food singju is made from:

- (a) Bamboo
- (b) Rice

- (c) Vegetables
- (d) All of above

Q5. Which of these is a millet crop?

- (a) Wheat
- (b) Rice
- (c) Bajra
- (d) Pulses

Q6. What happens when minerals and vitamins are lost during cooking?

- (a) Food becomes tastier
- (b) Nutritional quality decreases
- (c) Food cooks faster
- (d) Food lasts longer

Q7. Which food component supports bone health?

- (a) Carbohydrate
- (b) Calcium and Vitamin D
- (c) Iron
- (d) Protein alone

Q8. Why is eating uncooked vegetables sometimes better?

- (a) They are cheaper
- (b) To retain vitamins like Vitamin C
- (c) They are easier to grow
- (d) They have less fibre

Q9. What does FSSAI regulate in India?

- (a) Food quality and safety
- (b) Food prices
- (c) Food transportation
- (d) Food production quantity

Q10. Which food should be avoided for maintaining healthy weight?

- (a) Whole grains
 - (b) Fresh vegetables
 - (c) Junk foods high in fats and sugar
 - (d) Pulses
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SECTION B - Short Answer Questions (2 marks each)

- Q11.** What is the importance of water in our diet? Explain any three functions.
- Q12.** How do polar bears use fat storage? What does this teach us about fats?
- Q13.** Why should we wash fruits and vegetables before eating? What nutrients might be lost?
- Q14.** List traditional foods from Punjab and their key ingredients.

SECTION C - Short Answer Questions (3 marks each)

- Q15.** Compare and contrast energy-giving foods and protective nutrients with examples.
- Q16.** What are the advantages and disadvantages of modern cooking methods compared to traditional methods?
- Q17.** Why is reducing food waste important? How can you help reduce food waste in your home?

SECTION D - Long Answer Question (5 marks)

- Q18.** Discuss the relationship between food testing and nutrition. Explain why we test food for starch, fat, and protein, and how this knowledge helps in choosing a balanced diet.

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

Q19. Case Study: Bone Fracture and Nutrition

Gourav had a leg fracture. His doctor gave him calcium tablets initially, and later added Vitamin D syrup along with calcium tablets. The doctor also advised him to include milk and green vegetables in his diet.

- (i) Why did the doctor give calcium tablets?
- (ii) What is the role of Vitamin D in the treatment?
- (iii) Why are milk and green vegetables important?
- (iv) How do these nutrients work together for bone health?

Q20. Case Study: Eating Habits and Health

Medu does not eat vegetables but enjoys biscuits, noodles, and white bread. He often suffers from stomach ache and constipation. His doctor advised him to include fibrous foods in his diet.

- (i) Why is Medu facing these digestive problems?
- (ii) What should Medu add to his diet?
- (iii) Name four fibrous foods that can help him.
- (iv) How will dietary fibre help solve his problem?

SECTION A - Answers to MCQs

Q1. Answer: (b) Ghee

Laddoos made with ghee and nuts provide energy to keep warm in winters. Ghee is a traditional and important fat source in Indian cuisine.

Q2. Answer: (b) Vitamin A

Vitamin A deficiency causes poor vision and night blindness (difficulty seeing in dim light). Sources: papaya, carrot, mango, milk.

Q3. Answer: (c) Protein test

When copper sulphate and caustic soda are added to protein, the mixture turns violet/purple in color.

Q4. Answer: (d) All of above

Singju is a traditional Manipuri dish made from bamboo shoots, vegetables, and other local ingredients, representing the traditional food diversity of Manipur.

Q5. Answer: (c) Bajra

Bajra (pearl millet) is a millet crop. Other millets include jowar and ragi. These are nutri-cereals rich in nutrients.

Q6. Answer: (b) Nutritional quality decreases

Vitamins like Vitamin C are lost due to high heat during cooking. This is why including raw fruits and vegetables is important.

Q7. Answer: (b) Calcium and Vitamin D

Calcium keeps bones and teeth healthy. Vitamin D helps body absorb calcium. Together they maintain bone health and prevent bone diseases.

Q8. Answer: (b) To retain vitamins like Vitamin C

Some vitamins are lost during cooking due to high heat. Eating raw or lightly cooked vegetables retains more vitamins.

Q9. Answer: (a) Food quality and safety

FSSAI (Food Safety and Standard Authority of India) is a government agency that regulates food quality and ensures food safety standards in India.

Q10. Answer: (c) Junk foods high in fats and sugar

Junk foods have high calories and low nutritional value. They make people obese and cause health problems. Should be avoided.

SECTION B - Answers to Short Answer Questions

Q11. Answer: Importance of Water:

- (1) Helps body absorb nutrients from food
- (2) Removes waste from body through sweat and urine
- (3) Maintains body temperature
- (4) Keeps skin healthy
- (5) Essential for all bodily functions

Q12. Answer: Polar bears accumulate large amounts of fat under their skin. This fat serves as energy source during their months-long winter sleep (hibernation), enabling them to survive without eating. **Lesson about fats:** Fats are important for stored energy and long-term survival. Our body also stores excess energy as fat.

Q13. Answer: We should wash fruits and vegetables to remove dirt and pesticides that ensure food safety. However, washing cut or peeled vegetables may result in **loss of some vitamins** (especially water-soluble vitamins like Vitamin C). Despite this, washing is highly recommended for health safety.

Q14. Answer: Traditional foods from Punjab:

- (1) Makki di roti - made from maize
- (2) Sarson da saag - made from mustard greens
- (3) Chole bhature - made from chickpeas
- (4) Lassi - made from buttermilk

Key ingredients: Maize, wheat, chickpea, pulses, ghee, spices

SECTION C - Answers to Short Answer Questions

Q15. Answer: Comparison:

Energy-giving foods: Provide immediate energy for activities. Carbohydrates (wheat, rice) and fats (oil, nuts) are energy-giving. Quickly used by body.

Protective nutrients: Protect body from diseases and keep us healthy. Vitamins (fruits, vegetables) and minerals (milk, iodised salt) are protective. Required in small amounts but essential.

Q16. Answer:

Advantages of modern methods: Faster cooking, less effort, more convenient, saves time, cleaner

Disadvantages: Loss of nutrients due to high heat, less authentic flavor, reduces cultural significance, requires electricity/gas

Advantages of traditional methods: Slow cooking retains flavor, preserves cultural heritage, uses available resources

Disadvantages: Time-consuming, requires more effort, produces smoke and pollution

Q17. Answer:

Importance: Farmers work hard to produce food. Food waste disrespects their effort. We should eat only what we need. It reduces environmental burden and supports sustainability.

Ways to reduce waste: (1) Take only needed quantity of food, (2) Serve appropriate portions, (3) Plan meals properly, (4) Store food correctly, (5) Use leftovers creatively

SECTION D - Answer to Long Answer Question

Q18. Answer:

Relationship between food testing and nutrition: Food testing helps us identify which nutrients are present in different foods. This knowledge is essential for choosing a balanced diet.

Why we test:

1. **Starch test (iodine):** Identifies carbohydrate sources - important for energy needs
2. **Fat test (paper patch):** Identifies fat sources - important for stored energy and vitamin absorption
3. **Protein test (colour change):** Identifies protein sources - important for growth and repair

Application in balanced diet: By knowing which foods contain which nutrients, we can select foods from different groups to create a balanced diet that provides all essential nutrients. For example, if we know peanuts contain both protein and fat, we can include them to meet multiple nutritional needs. This scientific knowledge helps us make informed dietary choices and maintain good health.

SECTION E - Answers to Case Study Based Questions

Q19. Answer:

(i) **Why calcium tablets?** Calcium is needed to rebuild and strengthen the fractured bone. Calcium is the main mineral in bones.

(ii) **Role of Vitamin D:** Vitamin D helps the body absorb calcium from the intestines, making calcium available for bone building. Without Vitamin D, calcium cannot be properly absorbed.

(iii) **Why milk and green vegetables?** Both are natural sources of calcium and also contain other minerals needed

for bone health.

(iv) **How they work together:** Calcium provides structure to bones, while Vitamin D ensures calcium is properly absorbed and utilized by the body. Together they promote faster bone healing and prevent future bone problems.

Q20. Answer:

(i) **Cause of problems:** Medu lacks dietary fibre in his diet. Biscuits, noodles, and white bread are low in fibre. Constipation and stomach ache occur due to lack of fibre.

(ii) **What to add:** Dietary fibre (roughage) from plant-based foods

(iii) **Four fibrous foods:** (1) Green leafy vegetables (spinach, lettuce), (2) Whole grains (brown rice, wheat), (3) Fresh fruits (apple, banana), (4) Pulses and beans

(iv) **How dietary fibre helps:** Dietary fibre aids digestion, helps remove undigested food, ensures smooth passage of stools, prevents constipation, and maintains healthy digestive system.

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