INDIAN SCHOOL NIZWA - WORKSHEET

Science Chapter – 3. Mindful Eating: A Path to a Healthy Body		
Name: _____ _____	Date:_____	Class: VI Sec: ___

I Choose the correct answer from the given brackets.

1. Which is a good source of protein?

   (a) Butter (b) Rice (c) Moong dal (d) Sugar

2. Which tool is most commonly used today for grinding food?

   (a) Sil-batta (b) Pestle and mortar (c) Electrical grinder (d) Stone

3. Why do foods vary between states in India?

   (a) People like to eat different foods for fun

   (b) Different crops grow in different climates and soils

   (c) All food is imported from other countries

   (d) Only rich people can eat healthy food

4. Which food item is a good source of Vitamin C?

   (a) Butter (b) Orange (c) Wheat (d) Rice

5. What is a balanced diet?

   (a) Eating only one kind of food every day

   (b) Eating food that has all the necessary nutrients in the right amounts

   (c) Eating as much food as possible

   (d) Eating only sweets

6. Which of the following is another name for cooking practices?

   (a) Food Preservation (b) Nutritional Science

   (c) Culinary Practices (d) Fermentation

7. Which of the following crops are locally grown in Punjab?

   (a) Maize and Wheat (b) Coconut and Tea

   (c) Jute and Coffee (d) Rice and Bamboo

8. What is the main source of fats in traditional dishes like laddoos?

(a) Rice (b) Ghee (c) Sugar (d) Tomato

9. Which mineral is essential for the formation of haemoglobin, an important component of blood?

(a) Iron (b) Iodine (c) Calcium (d) Potassium

10. An individual consumes a diet rich in fats, carbohydrates, and proteins but fails to incorporate an adequate amount of fluids. What will be the likely effect on the body if the individual continues with the same diet?

(a) The body will show rapid growth and development.

(b) The body will eliminate all the nutrients from the body.

(c) The body will reduce the output of sweat and urine

(d) The body will readily digest the consumed food.

11. Roshan wants to build his muscles and thus joined a gymnasium. What changes should Roshan include in his diet to build strong muscles?

(a) Eat more carbohydrate-rich foods (b) Eat more protein-rich foods.

(c) Eat more vitamin-rich foods. (d) Eat more fat-rich foods

12. What does the term "food miles" refer to?

(a) The number of calories in a food item. (b) The number of nutrients in food.

(c) The distance food travels from farm to table. (d) The weight of food transported.

II. Fill in the Blanks.

13. Edible mushrooms are good sources of ----------

14. ---------- are nutrients that give us most of our energy and can be found in foods like rice and potatoes.

15. ---------- help our bodies grow and repair and are found in foods like eggs, fish, and lentils.

16. In India, the food we eat often depends on the ----------crops in our region.

17. To test for the presence of --------- in food, we can use iodine solution and see if the color Changes to blue-black.

18. Vitamin ------- keeps our skin healthy.

19 Wounds take longer time to heal when we have the deficiency of ----------