

CHAPTER 3

MINDFUL EATING: A PATH TO A HEALTHY BODY

VEDA
ACADEMY

CLASS 6TH

NCERT EXERCISE AND SOLUTIONS - SCIENCE



P1



P2

Q. 1. Pick the odd one out and give reasons:

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

ANSWER:

- (i) Jowar, Bajra, Ragi, Chana

Odd one out: Chana

Reason: Jowar, Bajra, and Ragi are all types of millets, whereas Chana (chickpea) is a pulse.

- (ii) Kidney beans, green gram, Soya bean, Rice

Odd one out: Rice

Reason: Kidney beans, green gram, and Soya bean are all pulses, whereas Rice is a cereal.

Q. 2. Discuss traditional versus modern culinary practices in India.

ANSWER:-

Traditional vs. Modern Cooking Practices

Traditional Practices:

- Cooking was done on chulhas (clay or brick stoves).
- Grains and spices were ground manually using tools like sil-batta (stone grinder).
- People preferred fresh, locally grown ingredients for cooking.

Modern Practices:

- Cooking is now done using gas stoves and electric appliances like mixers and grinders.
- Pre-packaged and processed foods are commonly used.
- Global cuisines and fusion cooking have influenced food choices.

Reasons for Change:

- Advancement in technology has made cooking easier.
- Better transportation provides access to a wide variety of ingredients.
- Busy lifestyles and time constraints have led to quicker cooking methods.



Q. 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.

ANSWER:-

Ravi can ask the following questions to his teacher:

1. How does good food act as medicine and help in keeping us healthy?
2. Can eating the right foods help in curing or preventing diseases?

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

ANSWER:-

Tasty but Unhealthy Foods:

- **Biscuits, cakes, and pastries** – These are sweet and delicious but contain a lot of sugar and fat.
- **Fried snacks like chips and pakoras** – Crispy and tasty but high in unhealthy fats.

Healthy but Less Popular Foods:

- **Spinach and leafy greens** – Packed with vitamins and minerals, but some people don't like their taste.
- **Whole grains like quinoa or brown rice** – Very nutritious, but many prefer white rice or refined grains over them.

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

ANSWER:-

Diet Changes for Medu:

- **Eat more vegetables and fruits** for fiber.
- **Choose whole grains** like whole wheat bread and brown rice instead of refined grains.
- **Opt for healthy snacks** like nuts and seeds.

Why These Changes?

- **Vegetables and whole grains** provide fiber, which improves digestion and prevents constipation.
- **Avoiding processed foods** like biscuits and white bread can help reduce stomach problems.

Q. 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).



ANSWER:-

Night Blindness and Its Prevention

- **Deficiency Disease:** Night Blindness
- **Lacking Nutrient:** Vitamin A
- **Recommended Foods:** Carrots, sweet potatoes, spinach, and mangoes (rich in Vitamin A).

Q. 7. You are provided the following:

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

Which one would you prefer and why?

ANSWER:-

Preferred Choice: Fresh Fruit

Reason: Fresh fruits are rich in fiber and nutrients, whereas fruit juices may contain added sugars and preservatives, making them less healthy.

Q. 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.

- (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?

ANSWER:-

Calcium and Vitamin D for Bone Healing

1. Reason for Calcium Tablets: Helps strengthen bones and speed up healing.
2. Reason for Vitamin D Syrup: Vitamin D is essential for calcium absorption in the body.
3. Question: “Why is Vitamin D necessary along with calcium for bone healing?”

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

ANSWER:-

Reason for Iodine Test Reaction:

Sugar is a simple carbohydrate, while starch is a complex carbohydrate. Iodine reacts with starch, turning it blue-black, but it does not react with sugar.



Q. 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.

ANSWER:-

Understanding Raman’s Statement

Raman means that while starch is a type of carbohydrate, not all carbohydrates are starches.

Testing the Idea:

- Collect samples like sugar, rice, and potatoes.
- Perform the iodine test by adding iodine solution to each sample.

Observe the results:

- If the sample turns blue-black, it contains starch.
- If there is no color change, it is a different type of carbohydrate (like sugar).

Q. 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?

ANSWER:-

Reason for the Iodine Reaction on the Saree but Not on the Socks

The saree turned blue-black because it contains starch, which is often used in fabric finishing. Starch reacts with iodine, causing the color change.

The socks did not change color because they do not contain starch, so there was no reaction with iodine.

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

ANSWER:-

Why Millets Are a Healthy Choice

- **Nutrient-Rich:** Millets are packed with vitamins, minerals (iron, calcium), and dietary fiber.
- **Health Benefits:** They support normal body functions and help maintain a balanced diet.

Limitations of Eating Only Millets

- A balanced diet requires a variety of foods to provide all essential nutrients like proteins, fats, vitamins, and minerals.
- Depending solely on millets may lead to nutritional deficiencies.



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

ANSWER:-

How to Check if a Solution is Iodine

1. Choose a starchy food like a slice of potato or bread.
2. Add a few drops of the iodine solution to the food item.
3. Observe the color change:
 - If the food turns blue-black, the solution contains iodine.
 - If there is no color change, the solution is not iodine.

