

St. Andrews Scots Sr. Sec. School

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Session: 2025 – 2026

(Answer Key)

Class: VI

Subject: Science

Chapter: Mindful Eating- A Path to a healthy body

CHECKPOINT 1.

1. (F) 2. (T) 3. (F) 4. (T) 5. (T)

CHECKPOINT 2.

- (1) K; Calcium (b) Vitamin C (c) micro
(2) Starch (b) Iodine solution (c) Blue-black (d) Rice and potato

CHECKPOINT 3.

1. Vitamins and minerals 2. Protein 3. Scurvy 4. Anaemia 5. Millets

PRACTICE TIME

A. Tick the correct answers.

1. (d) 2. (c) 3. (b) 4. (b) 5. (c) 6. (b)

B. Assertion and Reason.

1. (c) 2. (a) 3. (a) 4. (d) 5. (b)

C. Write True or False.

1. (F) 2. (T) 3. (F) 4. (F) 5. (T)

D. Very short answer type questions.

1. Vegetables, whole grains, pulses and fresh fruits\
2. Sodium, Potassium
3. Rickets (in children), Osteoporosis (in adults)
4. Vitamins and minerals
5. Cellulose

E. Short answer type questions.

1. Glucose is the simplest sugar which is burned or oxidised to get energy by the cells. So, it is called instant source of energy.

2. Excess of proteins and carbohydrates are converted into fats and stored in the body. This will make us obese.
3. (a) Deficiency of iron which takes part in the formation of haemoglobin.
(b) Deficiency of vitamins B₆, B₉ and B₁₂ which help in the formation and maturation of RBCs.
4. (a) Proteins form muscles, skin, hair and nails of the body.
(b) They form antibodies.
5. Marasmus is a disease of children in which their body suffers the shortage of proteins and carbohydrates. Such children are very thin and weak. Their growth stops and tissues are slowly destroyed.
6. Food is grown at the farm of a farmer. After harvesting, foodgrains are stored at a safe and dry place. After some time, these are sold in the market where flour is made by grinding the grains. This flour is packed in packets and sent to the retail shop where we purchase it for consumption. In our home, this flour is used to make chapatis (food) which is served in our plates.

F. Long answer type questions.

1. (a) Roughage is dietary fibers that are formed of cellulose. We get it from vegetables, fresh fruits, whole grains, etc.
(b) Roughage adds bulk to the food, and helps in easy and regular movement of bowel to get rid of undigested food.
2. (a) Iron, calcium, phosphorus, Sulphur, potassium, chlorine, sodium, magnesium and iodine are major minerals of our diet.
(b) The insufficient amount of calcium in diet hampers the health of bones and teeth. Its deficiency causes rickets in children in which their bones and teeth are poorly developed, and in adults, it causes osteoporosis which makes their bones weak and fragile.
The deficiency of iodine causes goiter in which thyroid gland enlarges and affects the production of thyroxine hormone.
3. (a) Taking diet which has shortage of one or more nutrients is called malnutrition.
(b) If the children do not get sufficient amount of mother's milk during the early years, they suffer from protein malnutrition.
(c) A child suffering from kwashiorkor has stunted growth, large pot-like belly, swollen face, thin legs, mental retardation, and cracked and scaly skin.

4. Obesity in children has become a common problem due to excessive taking of junk food like pizzas, chocolates, soft drinks, etc., by them. Instead of involving in any physical activity, playing games on computer and watching TV for long hours is another cause of obesity in children.
 5. (a) Undernutrition refers to a condition in which body gets less amount of nutrients than required from a diet even if it is balanced, whereas malnutrition is taking an unbalanced diet lacking one or more nutrients.
(b) Saturated fats are obtained from animals. These are butter, ghee, milk cream, meat, egg-yolk, cheese, while unsaturated fats are obtained from plants, e.g. mustard oil, groundnut oil, coconut oil, etc.
 6. Cooking in India has changed over time. Long ago, people cooked on clay stoves with wood. New foods like potatoes and chillies came from other countries. Later, people used gas stoves, pressure cookers, and fridges. Today, many use microwaves and even order food with apps. But traditional dishes are still popular.
- G. 1.**(a) Mehar is suffering from night blindness.
(b) Vitamin A.
(c) She should include carrots, tomatoes, egg yolk, milk and dairy products in her diet.
2. I will prefer roasted chana because it is a good source of protein, dietary fibres, vitamins and minerals. Other food items are junk food.
 3. Mohit experiences stomachache and constipation because he does not get sufficient dietary fibres. He should include green vegetables, whole grains and fresh fruits in his diet and should avoid eating too much namkeen, biscuits and pasta.

Passage/Case-based Questions

- 1) Taking too much high-energy food results in obesity.
- 2) Fruits and raw vegetables have low energy and provide vitamins, minerals and dietary fibres.
- 3) When the body is healthy and free from any malfunctioning, mind gets sufficient nutrients and works well.