

St. Andrews Scots Sr. Sec. School

9th Avenue, I.P. Extension, Patparganj, Delhi – 110092

Session: 2025-2026 - Worksheet

Class: VI

Subject: Science

Topic: Mindful Eating-A Path to a healthy body

Q.1. Define:

- (a) Obesity
- (b) Metabolism
- (c) Millets
- (d) Balanced diet

Q.2. Fill in the blanks:

- (a) World food day is celebrated on_____.
- (b) Milk provides sufficient amount of _____.
- (c) Pulses are rich in _____ and _____.
- (d) Vegetables should not be overheated because _____ gets destroyed by overheating.
- (e) Excess of fat- soluble vitamins in food causes _____.

Q.3.State whether the statement is true or false

- (a) Deficiency diseases can be prevented by eating a balanced diet.
- (b) By eating rice alone, we can fulfill the nutritional requirements of our body
- (c) Food items like burgers and pizzas are a part of healthy diet.
- (d) Night blindness is caused by the deficiency of Vitamin – A.

Q.4. Answer in one word:

- (a) Which vitamins deficiency causes scurvy?
- (b) Which nutrient is primarily responsible for body- building?
- (c) Name the scientist who is called the father of nutrition science in India?
- (d) In what form do whales accumulate fat?
- (e) Who coined the term vitamin?