

St. Andrews Scots Sr. Sec.School

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Session: 2026 – 2027

(Answer Key)

Class: VI

Subject: Science

Chapter: Mindful Eating

(Think and Answer).

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1. Two Traditional Dishes of Punjab:

- Sarson da Saag: Made from mustard greens, often served with makki di roti (corn flatbread).
- Chole Bhature : Prepared with chickpeas (chole) and deep-fried bread (bhature), commonly enjoyed in Punjab.

2. Reason for Using Several Ingredients in Traditional Foods:

- Traditional foods often combine multiple ingredients to enhance flavour, provide balanced nutrition and reflect regional agricultural practices. This variety allows for a wider range of vitamins and minerals, making the dish more wholesome and satisfying.

Multiple Choice Questions (MCQs).

Tick the correct options.

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(c)

Assertion-Reason-based Question:

(d)

Multiple Choice Questions (MCQs).

Tick the correct options.

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1. (d)

2. (d)

(Think and Answer)

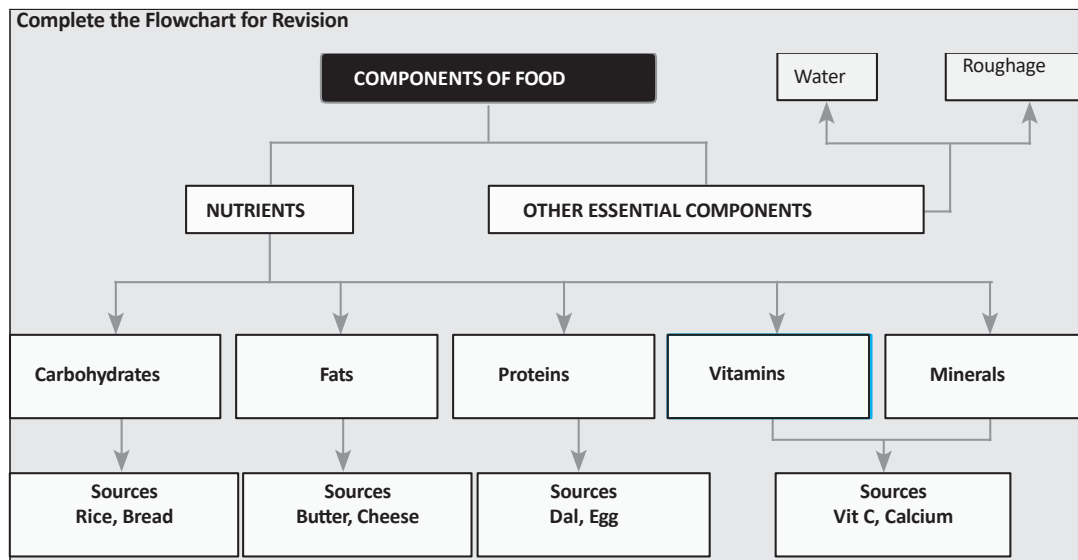
Suggested Healthy Breakfast:

Whole Grain Cereals with Milk

Banana, Apple

Spinach (either steamed or as a salad)

(flowchart)
Complete the Flowchart for Revision



SECTION-A

A. Oral Questions:

1. A balanced diet provides essential nutrients together with roughage and water in needed amounts for overall health and well-being.
2. Chicken and lentils are rich in proteins.
3. Vitamins support immune function, energy production and overall growth and development.
4. Drinking water keeps us hydrated and helps regulate bodily functions.

B. Multiple Choice Questions (MCQs).

Tick (✓) the correct options.

1. (b) 2.(b). 3.(c) 4.(c). 5. (b) 6.(c) 7.(a)

C. Assertion and Reason

1. (a) 2. (d)

D. Case-Based Questions:

Case 1: Ravi's Diet

1. Ravi's diet may be lacking in **carbohydrates** as he is not consuming sufficient carbohydrates, **proteins** and **vitamins** (especially B vitamins) which are essential for energy production.
2. **Incorporate protein-rich foods** such as eggs, yoghurt or legumes in his breakfast and lunch.

Add fruits and vegetables to his meals to provide the essential amount of carbohydrates, essential vitamins, minerals and fibre for better energy levels.

Case 2: Sita's Cooking Practices

1. Cooking practices have shifted from using traditional methods like cooking on a **chulha** (wood or coal stove) to modern methods such as using **gas stoves** and **microwave ovens**, which are more convenient and quicker.
2. **Advantage:** Modern cooking methods are generally **faster and more efficient**, allowing for quicker meal preparation and less time spent on cooking.

Disadvantage: They may lead to a **loss of nutritional value** in some foods due to high temperatures and shorter cooking times and can also contribute to a **reduced connection** to traditional cooking practices and cultural heritage.

SECTION – B

A. Very Short Answer Questions:

1. Oranges and strawberries.
2. Water regulates body temperature through sweating and evaporative cooling.
3. Pulses are rich in proteins, fibre and essential nutrients, promoting good health.
4. Millets are high in fibre, vitamins and minerals and they are low in gluten, making them nutritious.
5. Fruits and vegetables provide essential vitamins, minerals and antioxidants, supporting overall health and immunity.

B. Short Answer Questions:

1. Eating a variety of foods ,including carbohydrates, proteins, fats, vitamins and minerals, is essential for keeping our body healthy and strong .Making mindful food choice and understanding. It can ensure that our body gets everything it n needs to keep us active, healthy, happy and active every day.
2. Dietary fibres are like the clean - up team in our digestive system .They help move through our digestive passage and keep everything running smoothly.Dietary fibres help prevent constipation by making it easier to pass out waste from our body.

3. Fats serve as a backup battery. They store energy for later when our body needs it. It also keeps us warm .
4. Breakfast is considered the most important meal of the day because it provides the body with essential nutrients and energy after an overnight fast.
5. (a) The person in the picture appears to have goitre, which is a swelling in the neck.
(b) This condition is caused by a deficiency of iodine in the body.
(c) To prevent this problem , we should use iodised salt in our daily Diet.

C. Long Answer Questions:

1. A balanced diet is crucial for overall health, providing essential nutrients —carbohydrates, proteins, fats, vitamins and minerals together with water and roughage. Each group serves specific functions: carbohydrates for energy, proteins for growth and repair, fats for cell health and vitamins/minerals for various processes. Including all food groups reduces the risk of deficiencies and chronic diseases, supporting overall well-being and mental health.
2. Traditional foods in India reflect the crops grown in specific regions:
 - **Punjab:** Wheat is dominant; staples include **roti** and **dal**.
 - **Kerala:** Rice is prevalent; common dishes are **appam** and **sambar**.
 - **West Bengal:** Rich in fish; traditional foods include **macher jhol** and rice.
 - **Gujarat:** Focus on **millet**s and **gram flour**, leading to dishes like **thepla**. These examples show how local crops shape dietary patterns and nutritional intake.
3. **Contribution of Water to Body Functioning**
Water is vital for:
 - **Regulating body temperature.**
 - **Transporting nutrients and oxygen.**
 - **Removing waste products.**
 - **Maintaining electrolyte balance.**Insufficient water intake can lead to dehydration, causing fatigue, dizziness and serious health issues like kidney stones.

4. Role of Vitamins and Minerals:

Vitamins and minerals are essential for:

- Smooth functioning of processes occurring in the body are essential to life. For example, Vitamin C boosts immunity, while Vitamin D aids calcium absorption.
- Smooth functioning of the body. Calcium supports bones and iron is crucial for oxygen transport.

Deficiencies can lead to deficiency diseases like scurvy, rickets and anaemia.

5. Comparison of Food Habits in Two States Punjab vs. Tamil Nadu:

- **Punjab:** Diet is wheat-based with dairy, featuring dishes like sarson saag with makka di roti and lassi.
- **Tamil Nadu:** Emphasis on rice and vegetarian dishes like **idli** and sambar.

Influence of Locally Grown Crops: Punjab's fertile plains support wheat, vegetables and dairy farming, while Tamil Nadu's rice cultivation influences its carbohydrate-rich diet.

6. Impact of Modern Cooking Practices on Diet:

Pros:

- **Convenience:** Saves time and effort.
- **Variety:** Enables diverse cuisines.
- **Safety:** Reduces food borne illnesses.

Cons:

- **Nutrient Loss:** High-heat methods can destroy essential nutrients.
- **Processed Foods:** Increased reliance on fast foods leads to unhealthy eating patterns.
- **Cultural Disconnection:** Loss of traditional cooking practices.

7. Healthier Breakfast Comparison:

Ruhee vs. Gayatri

Ruhee's Breakfast: Bread and jam

Gayatri's Breakfast: Vegetable parantha

Conclusion: Gayatri has a healthier breakfast.

Reason: Vegetable parantha offers whole grains and vegetables, providing essential nutrients and fibre, while bread and jam are

high in refined carbohydrates and sugars, leading to obtain a quick energy bursts. A balanced breakfast like Gayatri's supports sustained energy throughout the day.

D. Application-Based Questions:

1. Planning Balanced Meals for a Sportsperson

To ensure balanced meals for a sportsperson, I would include:

- **Carbohydrates:** Whole grains (brown rice, whole wheat pasta) for energy.
- **Proteins:** Lean meats, legumes and dairy for muscle repair.
- **Healthy Fats:** Nuts, seeds and avocados are good for overall health.
- **Fruits and Vegetables:** A variety for vitamins, minerals and fiber.
- **Water:** Plenty of water and electrolyte drinks to maintain fluid balance. I would create a weekly meal plan incorporating these elements, focusing on pre- and post-workout nutrition.

2. (a) Components of food missing are proteins, vitamins, minerals, fibre and water.
- (b) To make their eating habits healthier friend should eat a balanced diet that includes fruits, vegetables, cereals, pulses, milk and plenty of water, while reducing the intake of chips and sweets.

3. Preparing a Healthy Snack for Classmates

I would prepare **nuts** and **seeds** and **vegetable sticks (carrots, cucumber, bell peppers)** with **some dip** for dipping. This snack is:

- **Nutritious:** Provides vitamins and minerals.
- **High in fibre:** Promotes digestion.
- **Tasty and satisfying:** Encourages healthy eating habits.

4. Explaining the Importance of Drinking Water

I would explain to my younger sibling that drinking water is important because:

- **It keeps our body hydrated:** Helps us feel energetic and focused.
- **Regulates body temperature:** Prevents overheating, especially during play.
- **Aids digestion:** Helps food move through our bodies easily.

I would encourage them to carry a water bottle and sip at regular intervals

throughout the day.

5. Lunch Box B contains a healthier meal.

Reason: It includes a balanced diet with:

- Chapati – provides carbohydrates (energy)
- Dal (pulses) – provides proteins
- Salad (spinach, cucumber) – provides vitamins, minerals, and fibre
- Apple – provides vitamins and natural sugars

These foods are nutritious and help the body grow and stay healthy. In contrast, Lunch Box A contains mostly junk food such as chips, soft drink, chocolate, and cake, which are high in sugar and fat and provide fewer nutrients. Healthier Bread Manufacturing