

# St. Andrews Scots Sr. Sec.School

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Session: 2026 – 2027

(Worksheet-3)

Class: VI

Subject: Science

Chapter: Mindful Eating

## Q1. Defines -

- a) Millets
- b) Fortification
- c) Nutritionist
- d) Balanced diet

## Q2. Fill in the blanks:-

- a) \_\_\_\_\_ are the building blocks of our body.
- b) \_\_\_\_\_ keeps our body hydrated.
- c) Calcium makes \_\_\_\_\_ and \_\_\_\_\_ strong.
- d) Mushrooms are good source of \_\_\_\_\_.

## Q3. Write True or false-

- a) Animals are the only source of protein for us \_\_\_\_\_.
- b) Dietary fibres helps to prevent constipation \_\_\_\_\_.
- c) Excess of nutrients lead to deficiency diseases \_\_\_\_\_.
- d) Carrots and sweet potatoes are good source of Vitamin A \_\_\_\_\_.

## Q4. Question/Answers -

- a) Which vitamin we get from citrus fruits?
- b) Why are millets considered healthy?
- c) Why is it important to include fruits and vegetables in our diet?