

STD: VI
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CH:3 Mindful Eating: A path to a Healthy Body.

I Technical terms:

1. Nutrition:

Obtaining food necessary for good health and growth.

2. Dietary fibres or Roughage:

Indigestible fibrous material present in food.

3. Balanced Diet:

Diet containing all essential nutrients in right proportion.

4. Malnutrition:

Lack of one or more nutrients in one's diet causing weakness.

5. Obesity:

The over-weight and bulkiness of a person's body due to excessive accumulation of fat in it.

II Multiple choice question

1. Starch is a complex carbohydrate which is insoluble in water.

a. sugar b. starch c. cellulose

III Answer the following

1. Why does a growing child need more minerals?
- Ans A growing child need more minerals like calcium and Phosphorus for the formation of bones.

IV HOTS

1. Shreya went to a dentist. She complained about swelling and bleeding gums. From which disease she might be suffering?

Shreya may be suffering from Scurvy a disease cause by the deficiency of Vitamin C.

V Long Answer question.

1. Tabulate Major mineral, effects and deficiency disease.

Minerals	Effects of deficiency	Disease due to deficiency
i) Phosphorus	Body weakness, Bad teeth and bones	Rickets
ii) Iron	Fatigue, Pale look	Anaemia
iii) Zinc	Hair loss, Skin lesion, white spots on finger nail	Anaemia
iv) Iodine	Abnormal growth of thyroid gland, Abnormal metabolism	Goitre
v) Sodium, Potassium	Dehydration, Extreme weakness	Hypokalemia
vi) Fluorine	Defective teeth enamel and teeth decay	Tooth decay

Ans
2/6/25