

Chapter : 2Mindful eating : A Path to a Healthy bodyI Very short answer

1. Define a balanced diet. Name any two components it must include (T.Bk Q:1)

A balanced diet is a diet that contains all the essential nutrients - Carbohydrates, proteins, fats, vitamins, minerals, water and fibre in the right proportions.

2. List any two reasons why relying on a single food (e.g. only rice) can lead to malnutrition (T.Bk Q:2)

A single food like rice does not contain all the essential nutrients needed by the body.

It can cause nutrient deficiencies, leading to malnutrition and poor growth.

3. What are carbohydrates? Give one simple and one complex example. (T.Bk Q:5)

Carbohydrates are nutrients that provide energy to the body.

- Simple carbohydrate : Sugar

- Complex carbohydrate : Rice

4. What is dehydration? Name one simple way to manage it at home. (T.Bk Q:10)

Dehydration is a condition



in which the body loses more water than it takes in.

One simple way to manage it at home: Drink ORS (Oral Rehydration Solution) or plenty of clean water.

5. Write two reasons why food miles matter (T.B.K. 11)
1. Transporting food over long distances uses more fuel and increases Pollution
  2. Buying local food keep food fresher.

## II. Short answers

1. For each: Vitamin A/B/C - State one function and one deficiency symptom

| Vitamin    | Function                       | Deficiency symptom |
|------------|--------------------------------|--------------------|
| Vitamin A  | Helps in good vision           | Night blindness    |
| Vitamin B1 | Helps release energy from food | Beriberi           |
| Vitamin C  | Helps in wound healing         | Scurvy             |



2. Protein deficiency: distinguish Kwashiorkor and marasmus in any three points. (T.Bk Q. 6)

Kwashiorkor

Marasmus

a) Caused by lack of Protein

Caused by lack of Protein and Carbohydrate

b) Swollen belly is seen

Very thin body is seen

c) Swelling of feet and face is present

No Swelling is present

3. Give three features of a balanced plate for a class 6 student (with one example food for each feature)

(a) A balanced plate contains Energy giving foods - ex Rice/Chapati

(b) It contains body building foods - ex: Dal/egg

(c) It contains protective foods - ex: Spinach/Carrot/apple

III. Long answer

1. Balanced diet and life style: Explain how diet + exercise + rest/sleep together maintain health. Include risks of overeating (obesity) and poor diet (anemia)



Balanced diet provides energy, helps growth, repairs body tissues and protect us from diseases.

- Regular exercise keeps the heart, muscles, and bones strong and helps maintain a healthy body weight.
- Adequate rest and sleep help the body recover, support growth and improve concentration and memory.
- Overeating can lead to obesity, which increases the risk of health problems.
- A poor diet, especially one low in iron can cause anaemia, making a person feel weak, tired and pale.

A balanced diet, daily exercise and enough rest and sleep together help us stay healthy, active and fit.

Classwork writing

Very short answer type

Textbook question

1, 2, 5, 10, 11

Short answers

4, 5, 8

Long answers  
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