



Wada Nirmiti Education Society's
GURUKUL GLOBAL SCHOOL
WORKSHEET

SUB: Science

LESSON: 3. Mindful Eating: A path to Healthy Body

STD:VI

NAME: _____ ROLL No: _____

DATE: _____

A. Tick the correct options

1. Which one of the following food items do not provide dietary fiber

- a) Whole grains b) Whole pulses c) fruits and vegetables d) Milk

2. The vitamin which gets easily destroyed by heating during cooking is ___

- a) Vitamin A b) Vitamin C c) Vitamin B d) Vitamin D

3. The deficiency disease caused by iron deficiency is ___

- a) Scurvy b) Goiter c) Rickets d) Anaemia

4. Puneet is eating lunch consisting of chapatis, vegetable curry and orange juice. Which of the following food components is missing from his food?

- a) Proteins b) Carbohydrates c) Fats d) Vitamins

5. What is the purpose of testing food components?

- a) To make food taste better b) To understand the nutrients in food
c) To change the food's colour d) To increase the shelf life of food

6. Which solution is used to test for starch in food?

- a) Benedict's solution b) Biuret solution c) Iodine solution d) DCPIP solution

7. What colour change indicates the presence of starch when using iodine?

- a) Blue b) Green c) Blue-black d) Yellow

8. In accordance with the food pyramid, the proportion of _____ in our diet should be least in our diet

- a) cereals b) fruits e) milk d) oil

9. What can a balanced diet help prevent?

- a) Illness b) Growth c) Appetite d) Malnutrition

10. What is the main benefit of including a variety of foods in a balanced diet

- a) Prevents boredom
- b) Ensures all nutrients are consumed
- c) Increases energy immediately
- d) Enhances food flavor

B. Fill in the blanks

1. _____ is caused by deficiency of Vitamin D.
2. Deficiency of _____ causes a disease known as beriberi.
3. Deficiency of Vitamin C causes a disease known as _____
4. _____ in our food Night blindness is caused due to deficiency of _____
5. Deficiency diseases can be countered by taking _____.
6. Cooking in too much water destroys _____ in food
7. In a balanced diet, all the nutrients are present in the _____ proportion.
8. In the food pyramid, cereals are given the maximum space because they fulfill our _____ requirement.
9. A balanced diet includes a variety of _____, _____, _____ and _____.
10. It's important to limit the intake of _____ and _____ for better health.
11. A balanced diet helps maintain a healthy _____ and provides energy for daily activities.

C. Write (T) for true or (F) for false for the given statements:

- a) By eating rice alone, we can fulfill nutritional requirement of our body.
- b) Deficiency diseases can be prevented by eating a balanced diet.
- c) Balanced diet for the body should contain a variety of food items.
- d) Meat alone is sufficient to provide all nutrients to the body.
- e) The iodine test is used to detect the presence of starch in food
- f) If a food sample turns blue-black after adding iodine, it indicates the presence of protein.
- g) You should always wear safety goggles when conducting food tests