

INTERNATIONAL INDIAN SCHOOL BURAI DAH
WORKSHEET FOR THE ACADEMIC YEAR 2026 -27

Class-6 / Subject : Science

L # 3 Mindful Eating : A Path to a Healthy Body

A. Fill in the blanks.

1. Health is the Ultimate _____.
2. _____ provides instant energy.
3. Milk products and pulses are good sources of _____.
4. _____ sources of protein are milk, paneer, egg, fish and meat.
5. Fruits and vegetables are rich in _____.
6. A _____ colour indicates the presence of starch.
7. _____ is a source of stored energy.
8. A _____ contains all the necessary nutrients required by our body.
9. Peanuts show the presence of both _____ and _____.
10. _____ are the distance food travels from the producer to the consumer.

B. Multiple choice questions.

1. The food component that does not provide any nutrients is:
(a) Minerals (b) Roughage (c) Vitamins (d) Fats
2. The violet colour on a sample of food item tested indicates the presence of:
(a) Protein (b) Starch (c) Fat and Oil (d) Water
3. The vitamin that is naturally produced by our body upon exposure to sunlight:
(a) Vitamin A (b) Vitamin C (c) Vitamin D (d) Vitamin B1
4. The vitamin that is ineffective and is destroyed while cooking at high temperatures is:
(a) Vitamin A (b) Vitamin C (c) Vitamin D (d) Vitamin B1
5. The vitamin present in legumes and whole grains is:
(a) Vitamin A (b) Vitamin C (c) Vitamin D (d) Vitamin B1

C. Give three examples for each.

1. Carbohydrates _____
2. Fat _____
3. Proteins _____
4. Vitamins _____
5. Minerals _____
6. Millets _____

D. Give one or two word answers.

1. Deficiency disease caused by lack of iron .
2. A disease caused by Vitamin C deficiency.
3. Deficiency disease due to the lack of vitamin D.
4. Vitamin required for maintaining good eyesight.
5. Mineral that is required for keeping our teeth and bones healthy.
6. Chemical substances used to detect the presence of protein.
7. Chemical substance used to detect the presence of starch.
8. The process of adding nutrients to food
9. A government agency that regulates food quality in India
10. Two components of food that do not provide nutrients

E. Short Answer Questions

1. What is nutrients?
2. Define a balanced diet.
3. What are the functions of water in our body ?

F. The questions below consists of an Assertion and a Reason. Choose the appropriate answer.

- (a) Both **A** and **R** are true and **R** is the correct explanation of **A**.
 - (b) Both **A** and **R** are true but **R** is not the correct explanation of **A**.
 - (c) **A** is true but **R** is false.
 - (d) **A** is false but **R** is true.
1. Assertion (A): A marathon runner drinks glucose water during and after a race.
Reason (R): Glucose is an instant energy-providing carbohydrate.
Ans] _____
 2. Assertion (A): Sources of carbohydrates and fats are known as body-building foods.
Reason (R): Carbohydrates and fats provide us energy for performing various activities.
Ans] _____
 3. Assertion (A): The gland present in our neck enlarges to cause goitre.
Reason (R): Deficiency of iodine causes goitre.

Ans] _____
 4. Assertion (A): Vitamins and minerals are also called protective nutrients.
Reason (R): Vitamins and minerals are nutrients that protect our body from diseases and keep us healthy.
Ans] _____
 5. Assertion (A): Jowar, bajra, and ragi are highly nutritious grains called millets.
Reason (R): Millets are body-building foods that help in the growth and repair of our body.
Ans] _____