

NCERT Solutions Class 6 Science (Curiosity)

Chapter 3 Mindful Eating A Path to a Healthy Body

Question 1. Pick the odd one out and give reasons:

- (i) Jowar, Bajra, Ragi, Chana
- (ii) Kidney beans, Green gram, Soya bean, Rice

Answer: (i) The odd one out is “Chana”. Jowar, Bajra, and Ragi are all types of millet crops, whereas Chana refers to chickpeas, which is a pulse crop.

(ii) The odd one out is “Rice.” Kidney beans, green gram, and Soya bean are commonly used as protein sources while rice is a carbohydrate.

Question 2. Discuss traditional versus modern culinary practices in India.

Answer: (i) Earlier most cooking was done using a chulha. Now-a-days, most of us using a modern gas stove.

(ii) Earlier, most grinding was done manually using a silbatta. These days, we use an electrical grinder for case of grinding.

Question 3. A teacher says that good food may act as medicine. Ravi is curious about this statement and has some questions for his teacher. List at least two questions that he can ask.

Answer: The two questions that Ravi may ask are as follows

- (i) How does consuming certain food help in curing diseases?
- (ii) Can you give examples of food that act as natural medicine?

Question 4. Not all delicious foods are necessarily healthy, while not all nutritious foods are always enjoyable. Share your thoughts along with a few examples.

Answer: Pizza, french fries, noodles, pastries are some of my favourite foods. Though these foods are very delicious, but they are not good for our health. These food items are rich in calories but do not provide sufficient nutrients. Foods like sprouts, fruits, salads, etc., are very rich in nutrients but I do not enjoy eating them.

Question 5. Medu does not eat vegetables but enjoys biscuits, noodles and white bread. He often has stomach ache and constipation. What changes should he make in his diet to get rid of these problems? Explain your answer.

Answer: Medu should include whole grains, whole pulses, fresh fruits and vegetables in his diet to get rid of her problems. These food items contain roughage (dietary fiber) which is



lacking in Medu's diet.

Medu should avoid eating biscuits, noodles and white bread as they are made up of refined flour (Maida) which does not contain any roughage or fiber. Roughage prevents constipation.

Question 6. Reshma had trouble seeing things in dim light. The doctor tested her eyesight and prescribed a particular vitamin supplement. He also advised to include a few food items in her diet.

- (i) Which deficiency disease is she suffering from?**
- (ii) Which food component may be lacking in her diet?**
- (iii) Suggest some food items that she should include in her diet to overcome this problem (any four).**

Answer: (i) Deficiency disease : Night blindness
(ii) Vitamin A food component may be lacking her diet.
(iii) Carrots, pumpkin, cod-liver oil, mangoes and spinach.

Question 7. You are provided the following

- (i) Canned fruit Juice**
- (ii) Fresh fruit juice**
- (iii) Fresh fruit**

Which one would you prefer and why?

Answer: Fresh fruit is preferred as it provides the most nutrients, fiber and is free from added sugars and preservatives which are found in canned or processed juices. Fresh fruit juice lacks pulp in them which makes them less nutritive.

Question 8. Gourav got a fracture in his leg. His doctor aligned the bones and put on a plaster. The doctor also gave him calcium tablets. On the 2nd visit, the doctor gave him Vitamin D syrup along with calcium tablets. Refer to Fig. 3.5 and answer the following questions:

- (i) Why did the doctor give calcium tablets to Gourav?**
- (ii) On the second visit, why did the doctor give Vitamin D syrup along with calcium tablets?**
- (iii) What question arises in your mind about the choices made by the doctor in giving the medicines?**

Answer: (i) The doctor gave calcium tablets to Gourav because the broken bones need calcium to repair themselves as they are made of calcium.
(ii) Vitamin D helps body to absorb calcium. This further speeds up the process of repairing of the bones and helps heal fractures.
(iii) The question that comes to my mind is – “Why didn't the doctor give vitamin D syrup to Gourav on his first visit?”



Question 9. Sugar is an example of carbohydrates. Sugar is tested with iodine solution but it does not change to blue-black colour. What can be a possible reason?

Answer: The reason why sugar does not change to a blue-black color when tested with iodine solution is because iodine solution reacts specifically with starch, not with simple sugars. Iodine solution is used to test for the presence of starch in a substance. When iodine comes into contact with starch, it forms a blue-black complex. Therefore, when sugar is tested with iodine solution, there will be no color change observed because sugars do not produce the blue-black coloration that starch does.

Question 10. What do you think of Raman's statement, "All starches are carbohydrates but not all carbohydrates are starches." Describe the design of an activity to test your answer.

Answer: All starches are carbohydrates because all starches give a blue black colour on adding a few drops of iodine. All carbohydrates are not starches. Sugar is a carbohydrate, but it does not give blue-black colour on adding a few drops of iodine solution.

Activity: Take two test tubes. Take starch solution in one test-tube and sugar solution in another test tube. Add a few drops of iodine solution in both the test-tubes. A deep blue-black colour appears in the starch solution No blue black colour appears with sugar solution.

Question 11. While using iodine in the laboratory, a few drops of iodine fell on Mishti's socks and a few fell on her teacher's saree. The drops of iodine on the saree turned blue-black while the colour on the socks did not change. What can be a possible reason?

Answer: The saree may contain starch or be made of natural fibers that react with iodine, while the socks may be synthetic and do not contain starch.

Question 12. Why are millets considered a healthy choice of food? Can eating just millets suffice for the nutritional requirements of the body? Discuss.

Answer: Millets are small-sized grains which are very good for our health. They are rich sources of carbohydrates. Besides, they also provide us vitamins, minerals like iron and calcium, and dietary fibres. But they do not provide us proteins.

Question 13. You are given a sample of a solution. How would you check the possibility of it being an iodine solution?

Answer: To check if the sample of solution is iodine solution, following test can be performed

Starch Test (Iodine Test):

Add a few drops of the solution to a small amount of starch solution or starch indicator paper. Iodine forms a deep blue- black complex with starch. If the solution contains iodine, the color change to blue-black indicates the presence of iodine.

