

## NCERT Solutions for Class 6 (Curiosity) Chapter 3 Mindful Eating: A Path to a Healthy Body



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### NCERT Solutions for Class 6 Science Chapter 3

**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: Chana

Reason: Jowar, Bajra, and Ragi are all millets, while Chana (chickpeas) is a pulse.

(ii) The odd one out: Rice.

Reason: Kidney beans, green gram, and soya beans are rich protein sources, while rice primarily serves as a carbohydrate.

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

**Answer:**

**Traditional Practices:**

- Cooking was primarily done on chulhas (traditional stoves).
- Grinding was done manually using a silbatta (stone grinder).
- There was a strong emphasis on using locally sourced fresh ingredients.

**Modern Practices:**

- Gas stoves, electric appliances such as grinders and mixers are commonly used today instead of chulhas, silbatta.
- Packaged and processed foods are available and widely used.
- There is also an influence of global cuisines, leading to fusion cooking.

### **Reasons for Change:**

- Technological advancements have made cooking easier.
- Time constraints and lifestyle changes have prompted quicker cooking methods.
- Improved transportation and availability of a variety of ingredients have changed food habits.

**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:**

- "How can food work as medicine for our body?"
- "Can you provide examples of foods that are considered beneficial for health?"

**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:** Not all tasty foods are good for health. Foods like burgers, pizzas, and chips taste good but are not healthy. They have too much oil and refined flour. Healthy foods like boiled vegetables and leafy greens may not taste as good, but they give us important nutrients. So, we should eat more nutritious food to stay healthy.

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

**Answer:** Medu should start eating whole grains, pulses, fruits, and vegetables. These foods have fibre, which helps in digestion and prevents constipation. He should eat fewer biscuits, noodles, and white bread because they do not have fibre and can cause stomach problems.

**Question 6. Reshma had trouble seeing things in dim light. The doctor tested her eyesight and prescribed a particular vitamin supplement. He also advised her 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)** Reshma is suffering from night blindness, which makes it difficult for her to see in low light.
- (ii)** This condition is caused by a deficiency of Vitamin A.
- (iii)** She should include foods such as carrots, spinach, papaya, milk, and green leafy vegetables in her diet.

**Question 7. You are provided with the following:**

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

**Which one would you prefer and why?**

**Answer:** I would prefer fresh fruit over both canned and fresh fruit juice.

**Reason:** Fresh fruit offers more nutrients and fibre. It also gives natural flavour and does not contain added sugars or preservatives like canned juice.

**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 second visit, the doctor gave him Vitamin D syrup along with calcium tablets. 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 calcium helps in making bones strong and supports healing after a fracture.

(ii) On the second visit, the doctor gave Vitamin D syrup because it helps the body absorb calcium properly, which is important for bone repair.

(iii) A question that arises is: "How long should Gourav continue taking calcium tablets and Vitamin D syrup?"

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

**Answer:** Sugar does not turn blue-black with iodine because iodine reacts only with starch, not with sugar. Since sugar has no starch, there is no colour change.

**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:** Raman's statement is correct. All starches are carbohydrates, but not all carbohydrates are starches.

**Activity to test the statement:**

**Materials Needed:**

- Iodine solution
- Food samples: Potato, rice, sugar crystals, honey, fruits, raw vegetables

**Steps:**

- Place each food sample in a separate container.
- Label the containers (e.g., Potato, Sugar).
- Add a few drops of iodine solution to each sample.
- Observe the colour change and note the results.

**Expected Results:**

- Potato and rice (starch) will turn blue-black.
- Sugar and honey (simple carbohydrates) will show no change.
- Raw vegetables (fibre) will also show no change.

**Conclusion:** Only starch reacts with iodine and turns blue-black. This proves that starch is a type of carbohydrate, but not all carbohydrates (like sugars and fibres) are starches.

**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 of the socks did not change. What can be a possible reason?**

**Answer:** The iodine turned blue-black on the teacher's saree because the saree had starch, which reacts with iodine. However, Mishti's socks did not change colour because they did not have starch. The blue-black colour indicates the presence of starch in the saree fabric (used in finishing of fabric).

**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 healthy because they are rich in vitamins, minerals like iron and calcium, and dietary fibre. They help keep us strong and fit. But eating only millets is not enough. Our body needs a mix of different foods. So, millets should be part of a balanced diet with other food groups.

**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 solution has iodine, you can perform the following test:

Starch Test (Iodine Test):

Add a few drops of the solution to a small amount of starch or starch paper.

If the solution turns blue-black, it means iodine is present.