



chapter 3

Mindful Eating

Answer

Q1. Write the summary of the chapter in the flow chart below, using the hints given below:

- 1. Food Diversity** – We have a variety of foods, and each food gives us different tastes and health benefits.
- 2. Nutrients** – Foods give us necessary nutrients like carbohydrates, proteins, fats, vitamins, and minerals, which make our body healthy.
- 3. Deficiency** – If we lack some nutrients, it may cause health issues like weak bones, anaemia, or poor growth.
- 4. Balanced Diet** – A balanced diet of all nutrients in proper quantities gives us energy, growth, and protects us from diseases.
- 5. Food Pyramid** – The food pyramid helps us to have more cereals, fruits, and vegetables, and less fats and sweets.
- 6. Junk Food** – Consuming excess junk food can cause health issues like obesity and nutrient deficiencies.

Q2. Multiple Choice Questions

- 1. Which of the following is an energy-giving nutrient?**
c) Carbohydrate
- 2. Which nutrient is essential for body growth and repair?**
b) Protein
- 3. Which vitamin helps to maintain healthy eyes and skin?**
c) Vitamin A
- 4. Deficiency of Vitamin C causes:**
b) Scurvy
- 5. Exposure to sunlight helps our body to produce:**
d) Vitamin D

Q3. Fill in the Blanks

1. People in karnataka love to eat **Rice** and idli
2. **Millet** helps clean our stomach and is good for digestion.
3. Fats give **Energy** to our body to stay active.
4. When someone doesnot get enough Vitamin C, they may get a disease called **Scurvy**.
5. The way food travels from farm to your home is called **Food miles**.

Q4. True or False

1. Laddoos are yummy winter snacks that give us extra strength. **True**
2. Cooking style has stayed the same forever. **False**
3. Millets are easy to grow and super healthy. **True**
4. Protein helps the body soak up vitamins. **True**
5. Only fruits and vegetables make a perfect meal. **False**

Q5. Assertion & Reason Questions

1. **Assertion (A): Eating roughage is important for digestion.**

Reason (R): Roughage adds bulk to our food and helps remove waste from the body.

Answer: (a) Both A and R are true, and R is the correct explanation of A.

Explanation: Roughage, found in fruits, vegetables, and whole grains, helps our body in proper digestion by clearing out undigested food. The reason explains the assertion perfectly.

2. **Assertion (A): Vitamin D helps keep our teeth healthy.**

Reason (R): Vitamin D supports calcium absorption, which makes bones and teeth strong.

Answer: (a) Both A and R are true, and R is the correct explanation of A.

Explanation: Vitamin D plays a key role in helping the body absorb calcium. Calcium strengthens bones and teeth, so the reason clearly supports the statement.

Q6. Correct Matches

Column A	Column B
1. Vitamin A keeps	b) Eyes and skin healthy
2. Vitamin C is needed to	e) Prevent bleeding gums
3. Calcium makes	d) Bones and teeth strong
4. Vitamin D deficiency causes	a) Bones soft and bent
5. Iron deficiency leads to	c) Tiredness and weakness

Q7. Very Short Answer Questions

1. **What is the main function of carbohydrates and fats?**

Carbohydrates and fats are energy-giving nutrients that provide our body with energy to stay active. Carbohydrates give instant energy, while fats provide stored energy and help keep the body warm.

2. **Name a vitamin that is necessary for healthy eyes. Name two food items in which it is present.**

Vitamin A is necessary for healthy eyes.

3. **Which disease is caused by Vitamin C deficiency?**

Scurvy is caused by Vitamin C deficiency.

4. **What are the symptoms of Vitamin D deficiency?**

Symptoms of Vitamin D deficiency include bones becoming soft and bent.

5. Name a mineral important for bone health.

Calcium is an important mineral for bone health, as it makes bones and teeth strong.

Q8. Short Answer Questions

1. What are the main categories of nutrients found in our food?

The three main categories of nutrients found in our food are energy-giving nutrients (carbohydrates and fats), bodybuilding nutrients (proteins), and protective nutrients (vitamins and minerals)

2. Give two examples of energy-giving nutrients and their sources.

Two examples of energy-giving nutrients are carbohydrates, found in sources like wheat, rice, maize, potatoes, sweet potatoes, bananas, and mangoes, and fats, found in plant and animal fats, nuts, seeds, butter, and ghee.

3. Why is water important for our body?

Water is essential for our body because it helps in digestion, circulation, and removal of waste. It regulates body temperature through sweating and keeps joints and tissues healthy. Without enough water, our body cannot function properly, making it vital for survival.

4. What are protective nutrients, and why are they needed in small quantities?

Protective nutrients are vitamins and minerals. They are important for the proper functioning, growth, and good health of our bodies.

5. How are nutrients lost from food?

Nutrients are often lost from food during cooking, washing, or storage. Heat can destroy vitamins like Vitamin C, while excessive washing may remove water soluble nutrients. Long storage or exposure to air and light can also reduce nutrient content. Thus, careful handling and proper cooking methods help preserve food's nutrition.

Q9. Long Answer Questions

1. Describe the functions of the main nutrients in food (carbohydrates, fats, proteins, vitamins, and minerals) and give examples of food sources for each.

Carbohydrates: These are energy-giving nutrients that provide instant energy. Sources include cereals like wheat, rice, and maize, vegetables like potato and sweet potato, and fruits like banana and mango.

Fats: Also energy-giving, fats provide stored energy and help keep the body warm. They are found in plant and animal fats, nuts (groundnuts, walnuts, coconuts, almonds), seeds (pumpkin seeds, sunflower seeds), and milk products like butter and ghee.

Proteins: These are bodybuilding nutrients essential for growth and repair of the body. Sources include animal proteins (lean meat, fish, eggs, milk, milk products) and plant proteins (pulses, nuts, beans, soya beans, mushrooms).

Vitamins and Minerals: These are protective nutrients crucial for proper body functioning, growth, and overall good health. They are found in various sources like milk, green leafy vegetables, whole grains, fruits, and vegetables. Specific examples include Vitamin A (for eyes and skin), Vitamin C (to prevent bleeding gums), Calcium (for strong bones and teeth), Vitamin D (for strong bones), and Iron (to prevent tiredness and weakness).

2. Explain what a balanced diet is, why it is important for health, and how the requirements for a balanced diet may vary from person to person.

A balanced diet is one that contains all five essential nutrients (carbohydrates, fats, proteins, vitamins, and minerals) along with roughage and water in the right proportions. It is important for good health because it provides the body with necessary energy, supports growth, and protects against diseases. The requirements for a balanced diet can vary significantly from person to person based on factors such as age, gender, physical activity level, health status, and lifestyle. For example, sportspersons need more protein for muscle building, growing children require more protein for tissue development, nursing mothers need more protein, calcium, and vitamins for milk production, and laborers need more carbohydrates for energy.

Q10. Case-Based Question

1. A student is planning their meals for a week. They want to ensure they have a balanced diet

I. List the key food groups they should include in their diet.

The key food groups correspond to the essential nutrients: carbohydrates, fats, proteins, vitamins, and minerals. They should also include roughage and sufficient water.

II. Give examples of foods from each group and explain why each food group is important for their health.

- a) Carbohydrates: (e.g., wheat, rice, potatoes, bananas) - Provide instant energy.
- b) Fats: (e.g., nuts, butter, ghee) - Provide stored energy and help keep the body warm.
- c) Proteins: (e.g., milk, eggs, pulses, soya beans) - Essential for growth and repair of the body.
- d) Vitamins and Minerals: (e.g., green leafy vegetables, fruits) - Necessary for proper body functioning, growth, and good health, offering protection from diseases.
- e) Roughage (Dietary Fiber): (e.g., whole grains, fresh fruits, green leafy vegetables) - Helps in digestion and removal of waste from the body.
- f) Water: (e.g., water, fruits, vegetables) - Essential for absorbing nutrients and removing waste.

2. Nina and her friends did a food test in class. She dropped iodine on potato and it turned blue-black. She crushed a nut on paper and saw an oily patch. Then she added copper sulfate and caustic soda to a peanut paste. The mixture turned violet.

i) What does the blue-black color on potato show?

The blue-black color on the potato shows the presence of starch.

ii) What does the oily patch on paper show?

The oily patch on paper shows the presence of fats in the nut.

iii) What does the violet color from peanut paste show?

The violet color from peanut paste shows the presence of proteins in peanuts.

iv) What do we learn from this activity?

We learn from this activity that some food items can contain more than one nutrient; for example, peanuts contain both fats and proteins

Food Pyramid Drawing

- **Top (Fats, Use wisely):** Butter, ghee, sweets, chips
- **Next (Proteins):** Eggs, fish, chicken, pulses, beans

- **Middle (Dairy & Vegetables):** Milk, curd, paneer, spinach, carrots, broccoli
- **Second Base (Fruits):** Apples, bananas, oranges, papaya
- **Base (Grains & Cereals):** Rice, wheat, chapati, oats, corn

Draw a triangle pyramid and label each section with these examples.

My Healthy Plate

DAYS	BREAKFAST	LUNCH	DINNER
SUNDAY	Oats with milk & banana	Rice, dal, salad	Chapati, paneer curry, spinach
MONDAY	Idli with sambar	Chapati, mixed veg curry	Rice, fish curry, cucumber
TUESDAY	Poha with peanuts	Rice, rajma, salad	Chapati, chicken curry, beans
WEDNESDAY	Vegetable upma	Chapati, dal, bhindi	Rice, egg curry, carrot salad
THURSDAY	Paratha with curd	Rice, chole, salad	Chapati, tofu curry, peas
FRIDAY	Sprouts with lemon	Chapati, dal, pumpkin curry	Rice, fish fry, spinach
SATURDAY	Dosa with chutney	Rice, sambar, salad	Chapati, vegetable curry, paneer

Nutrients Table:

FOOD ITEMS	NUTRIENTS
Oats, Rice, Chapati	Carbohydrates, Fiber
Milk, Paneer, Curd	Protein, Calcium
Vegetables, Fruits	Vitamins, Minerals, Fiber
Fish, Chicken, Eggs	Protein, Healthy Fats
Pulses, Beans	Protein, Iron, Fiber
Nuts, Seeds	Healthy Fats, Protein, Vitamin E

Think & Reflect

Farmer's Reflection:

"If I were a farmer, I would grow **millets** because they are nutritious, eco-friendly, and need less water. Millets support mindful eating by providing fiber and energy while caring for the environment. They can help my community stay healthy and reduce dependence on processed foods."

Talking Food Comic Idea

- **Tomato says:**

"I grew under the warm sun, nourished by clean soil and water. I was picked fresh and brought to your kitchen. Please eat me with joy and gratitude—I give you vitamins to stay strong!"

- **Chapati says:**

"I was made from golden wheat, ground into flour, and lovingly cooked on the tawa. I give you energy to study, play, and dream big!"

Students can draw a comic strip with smiling tomato/chapati characters sharing these lines.