Mindful Eating: A Path to a Healthy Body

Standard difficulty · 20 questions · 40 marks · Time: 36 minutes

Name: _____ Date: _____ Score: ____ / 40

Show your working for Sections B and C. Answers are on the last page — try every question first!

Section A — Choose the correct answer — 8 × 1 = 8 marks

1. Which nutrient mainly gives us energy?
(a) minerals **(b)** water **(c)** vitamins **(d)** carbohydrates

2. Carrots are rich mainly in:
(a) vitamin A **(b)** proteins **(c)** fats **(d)** vitamin C

3. Scurvy is caused by a lack of:
(a) iron **(b)** vitamin A **(c)** vitamin C **(d)** vitamin B1

4. Which of these turns blue-black with iodine solution?
(a) potato **(b)** cooking oil **(c)** salt **(d)** sugar

5. Which of these leaves an oily patch on paper?
(a) boiled potato **(b)** cucumber **(c)** ghee **(d)** apple

6. Which of these is a millet?
(a) chana **(b)** rajma **(c)** bajra **(d)** wheat

7. A child drinks 9 glasses of water a day, each of 250 mL. How many millilitres is that?
(a) 2,000 mL **(b)** 259 mL **(c)** 2,250 mL **(d)** 2,500 mL

8. Apples travel 2,100 km by truck to reach a city market. The truck goes 60 km an hour. How many hours does the trip take? (These are "food miles".)
(a) 210 hours **(b)** 40 hours **(c)** 35 hours **(d)** 70 hours

Section B — Short answer — 8 × 2 = 16 marks

9. Name the main nutrients in food.

10. Lack of which nutrient causes each? (a) anaemia (b) beriberi

11. Write the main nutrient in each (carbohydrates, proteins or fats): (a) soybean (b) ghee

12. Will it turn blue-black with iodine? Write "yes" or "no": (a) boiled corn (b) egg white

13. Is it a millet? Write "yes" or "no": (a) rajma (b) sanwa

14. A school kitchen gives each of 36 children 30 g of dal for lunch. How many grams of dal are needed? How many kilograms is that? (1 kg = 1000 g)

15. A family wastes about 34 g of food at each of 4 meals a day. How much do they waste in 4 days?

16. Ragi costs ₹33 a kg and bajra ₹75 a kg. How much do 2 kg of each cost together?

Section C — Word problems — 4 × 4 = 16 marks

17. Name the nutrients and give the main job of each.

18. A doctor sees three children with beriberi, anaemia, goitre. For each, name what is lacking in the diet and one food that would help.

19. You test butter, rice, coconut, wheat flour for starch and fat. Which would you expect to turn blue-black with iodine, and which to leave an oily patch? Describe both tests.

20. In a class of 40, 30 children eat chips or fried snacks every day. (a) How many do not? (b) Suggest two healthy snacks and say why they are better.

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Answer key

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Q	Answer	Working
1	**(d) carbohydrates**	fats give energy too
2	**(a) vitamin A**	—
3	**(c) vitamin C**	—
4	**(a) potato**	—
5	**(c) ghee**	—
6	**(c) bajra**	—
7	**(c) 2,250 mL**	9 × 250 = 2250
8	**(c) 35 hours**	2100 ÷ 60 = 35
9	**Carbohydrates, fats, proteins, vitamins and minerals (with roughage and water also needed).**	—
10	**(a) iron (b) vitamin B1**	—
11	**(a) proteins (b) fats**	—
12	**(a) yes (b) no**	—
13	**(a) no (b) yes**	—
14	**1,080 g; 1.08 kg**	36 × 30 = 1080
15	**544 g**	34 × 4 × 4 = 544
16	**₹216**	2 × 33 + 2 × 75
17	**Carbohydrates and fats give energy; proteins build and repair the body; vitamins and minerals protect us from disease and keep the body working; roughage helps digestion; water carries substances and controls body temperature.**	—
18	**beriberi: vitamin B1; anaemia: iron; goitre: iodine. Foods, for example: carrots and green leaves (vitamin A); amla, lemon, oranges (vitamin C); sunlight, milk, eggs (vitamin D); iodised salt (iodine); green leafy vegetables, jaggery, dates (iron); whole grains (vitamin B1).**	—

Q	Answer	Working
19	**Starch (blue-black): rice, wheat flour. Fat (oily patch): butter, coconut. Iodine test: add a few drops of iodine solution. Fat test: rub the food on paper and hold it to light.**	—
20	**(a) 10 children (b) For example roasted chana, fruit, sprouts or curd: they give protein, vitamins, minerals and fibre without too much fat, salt or sugar.**	40 − 30 = 10