

**Chapter-3 | Mindful Eating: Worksheet-1**  
**A Path to a Healthy Body****Multiple Choice Questions**

- Which of the following nutrients mainly provide energy to the body?**
  - Proteins and vitamins
  - Carbohydrates and fats
  - Vitamins and minerals
  - Roughage and water
- Which food component helps in growth and repair of body tissues?**
  - Fat
  - Carbohydrate
  - Protein
  - Vitamin
- Which deficiency disease is caused due to lack of Vitamin C?**
  - Rickets
  - Goitre
  - Anaemia
  - Scurvy
- Which mineral is added to common salt to prevent goitre?**
  - Iron
  - Calcium
  - Iodine
  - Sodium
- The distance travelled by food from farm to plate is known as**
  - Food chain
  - Balanced diet
  - Food mile
  - Nutrient cycle
- Which of the following foods is rich in dietary fibre?**
  - Butter
  - White bread
  - Green leafy vegetables
  - Sugar
- Which vitamin helps the body absorb calcium?**
  - Vitamin A
  - Vitamin B<sub>1</sub>
  - Vitamin C
  - Vitamin D
- Which test is used to detect the presence of starch in food?**
  - Benedict's test
  - Iodine test
  - Copper sulphate test
  - Paper test
- Which of the following is considered a junk food?**
  - Roasted chana
  - Fruits
  - Potato wafers
  - Pulses

**10. Millets are also called**

- (a) Energy grains
- (b) Junk cereals
- (c) Nutri-cereals
- (d) Oil seeds

**Fill in the blanks :**

- 11. Carbohydrates and fats are called \_\_\_\_\_ foods.
- 12. Deficiency of iodine causes the disease \_\_\_\_\_.

**True / False**

- 13. Vitamins and minerals are required in large quantities by the body.
- 14. Eating locally grown food helps in reducing food miles.

**Very Short Type Questions**

- 15. What is meant by a balanced diet?
- 16. Name any one source of Vitamin C.

**Short Type Questions**

- 17. Why are vitamins and minerals called protective nutrients?
- 18. What are food miles and why should we reduce them?

**Essay Type Questions**

- 19. Explain the major components of food and state their functions.
- 20. Describe deficiency diseases caused due to lack of vitamins and minerals.

**HOTS**

- 21. **Assertion (A):** Junk food should be avoided for maintaining good health.  
**Reason (R):** Junk food contains high amounts of sugar and fats but very little vitamins, minerals and dietary fibre.  
Choose the correct option:
  - 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

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## Worksheet-1

## Answer &amp; Solution

1. (b) Carbohydrates and fats
2. (c) Protein
3. (d) Scurvy
4. (b) Calcium
5. (c) Food mile
6. (c) Green leafy vegetables
7. (c) Vitamin C
8. (b) Iodine test
9. (c) Potato wafers
10. (c) Nutri-cereals
11. Energy-giving
12. Goitre
13. False
14. True
15. A balanced diet is a diet that contains all essential nutrients, roughage and water in the right proportions for proper growth and health.
16. One rich source of Vitamin C is lemon.
17. Vitamins and minerals are called protective nutrients because they protect the body from diseases and help maintain good health. They strengthen the immune system, support proper functioning of organs and prevent deficiency diseases like scurvy, rickets and anaemia.
18. Food miles refer to the distance travelled by food from the place of its production to the consumer. Reducing food miles is important because it lowers transportation costs, reduces pollution, supports local farmers and ensures fresher and healthier food.
19. Food contains different components known as nutrients which are essential for the proper functioning of the body. Carbohydrates and fats are energy-giving nutrients that provide energy required for daily activities. Proteins are body-building nutrients that help in growth, repair and maintenance of body tissues. Vitamins and minerals are protective nutrients that help the body fight diseases and keep organs healthy. In addition, food also contains roughage and water. Roughage helps in digestion and prevents constipation, while water helps in absorption of nutrients and removal of waste products. Together, all these components maintain overall health and well-being.
20. Deficiency diseases occur when the body does not receive sufficient vitamins or minerals over a long period of time. Lack of Vitamin C causes scurvy, leading to bleeding gums and slow healing of wounds. Deficiency of Vitamin D results in rickets, causing soft and bent bones. Lack of iodine causes goitre, characterised by swelling in the neck. Iron deficiency leads to anaemia, resulting in weakness and breathlessness. These diseases can be prevented by consuming a balanced diet that includes fruits, vegetables, milk, pulses and iodised salt.

21. Correct option: a

**Explanation:** Desert conditions are harsh, so plants and animals develop special features to survive there.

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