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Mindful Eating: A Path to a Healthy Body

A. Multiple Choice Questions.

- The Sanskrit saying "annena jatani jivanti" means:
 - Food is the source of happiness
 - Food is the source of energy
 - Food is the source of nutrients
 - Food is the source of life
- What foods help in growth and repair of our body?
 - Carbohydrates
 - Proteins-rich
 - Vitamins
 - Fats
- Which of the following is not a macronutrient?
 - Carbohydrates
 - Proteins
 - Vitamins
 - Fats
- Calcium, iodine, and iron are
 - Proteins
 - Fats
 - Vitamins
 - minerals
- The primary source of energy in our diet is:
 - Carbohydrates
 - Fats
 - Vitamins
 - Proteins
- Which of the following is a rich source of dietary fibres?
 - Brown rice
 - Butter
 - Chicken
 - Milk
- Green leafy vegetables, fresh fruits, wholegrains, pulses and nuts are good sources of
 - Proteins
 - Roughage
 - Vitamins
 - Fats
- Who initiated nutrition research in India?
 - Coluthur Gopalan
 - A. P. J. Abdul Kalam
 - Indira Gandhi
 - Jawaharlal Nehru
- The process of adding nutrients to food is called:
 - Fortification
 - Enrichment
 - Addition
 - None
- What is used to test for the presence of starch in food? (NCERT Exemplar)
 - Iodine solution
 - Copper sulphate
 - Caustic soda
 - Litmus paper

B. Fill in the Blanks.

protein	dietary fibres	Peanuts	Vitamin C	Glucose
Wealth	blue-black	Animal	Good health	diet

- Health is the Ultimate _____.
- _____ provides instant energy.
- Milk products and pulses are good sources of _____.

4. _____ sources of protein are milk, paneer, egg, fish and meat.
5. Fruits and vegetables are rich in _____.
6. A _____ colour indicates the presence of starch.
7. _____ is easily destroyed by heating during cooking.
8. A _____ has all the necessary nutrients required by our body.
9. _____ show the presence of both proteins and fats.
10. _____ is essential for leading a happy life.

C. State true or false.

- | | |
|--|--------------------------|
| 1. Food habits vary across different states of India. | <input type="checkbox"/> |
| 2. Cooking practices have not changed over time. | <input type="checkbox"/> |
| 3. We should take care of our body to stay healthy. | <input type="checkbox"/> |
| 4. Vitamins and minerals are essential for a healthy body. | <input type="checkbox"/> |
| 5. Roughage help our body get rid of undigested food. | <input type="checkbox"/> |
| 6. Water is also an essential part of our diet. | <input type="checkbox"/> |
| 7. Junk food is a healthy option. | <input type="checkbox"/> |
| 8. Iodised salt and some baby foods are examples of fortified foods. | <input type="checkbox"/> |
| 9. These are not native crops of India. | <input type="checkbox"/> |
| 10. We would not reduce food wastage. | <input type="checkbox"/> |

D. Answer the following questions.

1. What is nutrients?
 Ans. _____

2. What the function of water in our body?
 Ans. _____

3. Which types of nutrients present in various food items?
 Ans. _____

4. What is a balanced diet?
 Ans. _____

5. What are the benefits of consuming millets?
 Ans. _____

6. How can we test for the presence of starch, fats, and proteins in food?

Ans. _____

E. Give reason.

1. Why is it important to reduce food miles?

Ans. _____

2. Why Millets called nutri-cereals?

Ans. _____

F. Match the Following.

Column A	Column B	Ans.
1. Carbohydrates	i. Indian diet for centuries	a. _____
2. Proteins	ii. Source of energy	b. _____
3. Vitamins	iii. Building blocks of cells	c. _____
4. Minerals	iv. Protect our body from diseases	d. _____
5. Dr. Poshita	v. Essential for bone health	e. _____
6. Dietary fibres	vi. A nutritional expert	f. _____
7. Millets	vii. Help in digestion	g. _____

G. Give One-Word Answers.

1. The study of food and nutrition :- _____
2. A disease caused by vitamin C deficiency :- _____
3. A food item that is high in sugar and fat :- _____
4. A nutrient that helps in blood clotting :- _____
5. A government agency that regulates food quality in India :- _____
6. Salt farming is a traditional practice of a tribal community :- _____

H. Give five examples each one.

1. Carbohydrates :- _____
2. Fat :- _____
3. Proteins :- _____
4. Vitamins :- _____
5. Minerals :- _____
6. millets :- _____

I. Difference between Traditional culinary practices and Modern culinary practices. (At least two points)

Traditional culinary practices	Modern culinary practices

J. Complete the table.

Vitamins	Vitamin A	Vitamin-B1	Vitamin D	Calcium	Iron	Iodine
Functions						
Some sources						
Deficiency disease						

K. Define.

1. Roughage :- _____

2. Junk food :- _____

3. Millets :- _____

4. Food miles :- _____

L. Match the following traditional food items with their suitable state.

A	B
Makki di roti, sarson da saag	Maharashtra
Idli, dosa, coconut chutney	Manipur
Vada Pav, Misal Pav	Rajasthan
eromba (chutney), kangsoi	Punjab
Dal Bati Churma	Gujarat
Dhokla, undiyu	Karnataka

Answer

A.

- | | | |
|-------------------------------|---------------------|---------------------|
| 1. Food is the source of life | 5. Carbohydrates | 9. Fortification |
| 2. Proteins-rich | 6. Brown rice | 10. Iodine solution |
| 3. Vitamins | 7. Roughage | |
| 4. minerals | 8. Coluthur Gopalan | |

B.

- | | | |
|------------|----------------|------------|
| 1. Wealth | 5. Vitamin C | 9. Peanuts |
| 2. Glucose | 6. blue-black | 10. Diet |
| 3. protein | 7. Vitamin C | |
| 4. Animal | 8. Good health | |

C.

- | | | | | | |
|----------|----------|----------|-----------|---------|---------|
| 1. True | 2. False | 3. True | 4. True | 5. True | 6. True |
| 7. False | 8. True | 9. False | 10. False | | |

D.

- Nutrients are the essential substances found in food that our bodies need to grow, repair, and function properly.
- Water plays a crucial role in our bodies. It helps to: hydrate our cells and tissues, transport nutrients and oxygen throughout the body, regulate body temperature, lubricate joints, aid digestion, and eliminate waste products.
- Different types of food contain different nutrients. Some examples include carbohydrates, proteins, fats, vitamins, and minerals.
- A balanced diet is one that provides the body with all the necessary nutrients in the right amounts.
- Millets have many health benefits, including being high in fiber, rich in vitamins and minerals, gluten-free, low in fat and cholesterol, and providing sustained energy.
- To test for the presence of starch, add iodine solution; for fats, use brown paper; and for proteins, add copper sulfate and caustic soda.

E.

- Reducing food miles is important to reduce the transportation cost, reduce pollution and support local farmers..
- Millets are called "nutri-cereals" because they are rich in nutrients and have many health benefits.

F.

- | | | | | | | |
|-------|--------|-------|------|-------|--------|------|
| 1. ii | 2. iii | 3. iv | 4. v | 5. vi | 6. vii | 7. i |
|-------|--------|-------|------|-------|--------|------|

G.

- | | | |
|--------------|--------------|------------|
| 1. Nutrients | 3. Junk food | 5. FSSAI |
| 2. Scurvy | 4. Vitamin K | 6. Santhal |

H.

- Carbohydrates: Rice, wheat, bread, pasta, potatoes
- Fat: Butter, oil, nuts, seeds, avocado
- Proteins: Meat, fish, eggs, beans, lentils
- Vitamins: Vitamin A, Vitamin C, Vitamin D, Vitamin E, Vitamin B12
- Minerals: Calcium, iron, iodine, magnesium, potassium
- Millets: Ragi, jowar, bajra, sorghum, foxtail millet

I.

Traditional culinary practices	Modern culinary practices
<ol style="list-style-type: none"> Often involves locally sourced ingredients and traditional cooking methods Typically emphasizes seasonal and fresh produce Often passed down through generations 	<ol style="list-style-type: none"> May use processed ingredients and convenience foods May focus on convenience and speed Continuously evolving and influenced by global trends

J.

Vitamins	Vitamin A	Vitamin-B1	Vitamin D	Calcium	Iron	Iodine
Functions	Vision, growth, immune function	Energy production, nerve function	Bone health, immune function	Bone and tooth health	Blood production, energy	Thyroid hormone production
Some sources	Carrots, sweet potatoes, milk	Whole grains, pork, nuts	Sunlight, fortified milk, fish	Dairy products, leafy greens	Meat, poultry, leafy greens	Iodized salt, seafood
Deficiency disease	Night blindness	Beriberi	Rickets	Osteoporosis	Anaemia	Goiter

K. Define

- Roughage: Fibre found in plant-based foods that helps with digestion.
- Junk food: Food high in unhealthy fats, sugars, and sodium.
- Millets: A group of small-grained cereals.
- Food miles: The distance food travels from the farm to the consumer.

M.

A	B
Makki di roti, sarson da saag	Maharashtra
Idli, dosa, coconut chutney	Manipur
Vada Pav, Misal Pav	Rajasthan
eromba (chutney), kangsoi	Punjab
Dal Bati Churma	Gujarat
Dhokla, undiyu	Karnataka