

Worksheet: Mindful Eating: A Path to a Healthy Body

CBSE · Class 6 · Science · 3 questions · 3 marks

Name: _____	Date: _____	Score: _____ / 3
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Q1. A student's diet mainly consists of rice and potatoes. Which nutrient is she getting in excess? What might she be missing? *[1 mark]*

Q2. You add iodine solution to a piece of bread. What will you observe? Why? *[1 mark]*

Q3. What are food miles and why should we try to reduce them? *[1 mark]*
