Worksheet: Mindful Eating: A Path to a Healthy Body

NIOS · Class 6 · Science · 3 questions · 3 marks

Name: _____ Date: _____ Score: _____ / 3

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]*