# Worksheet: Mindful Eating: A Path to a Healthy Body

Telangana State Board · 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]*