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

Uttar Pradesh 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]*

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

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

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