

Mindful Eating A Path to a Healthy Body

Chapter-3

Ques 1. Pick the odd one out and give reasons:

(i) Jowar, Bajra, Ragi, Chana

(ii) Kidney beans, Green gram, Soya bean, Rice

Answer:

(i) Chana; Reason: Chana is rich source of proteins while Jowar, Bajra and Ragi are rich sources of carbohydrates.

(ii) Rice; Reason: Rice is rich source of carbohydrates while Kidney beans, Green gram and Soya bean are rich sources of proteins.

Ques 2. Discuss traditional versus modern culinary practices in India.

Answer:

Culinary practices have significantly changed over time. Earlier, most cooking was done using a chulha. Nowadays, most of us cook using a modern gas stove. Earlier, most grinding was done manually using a sil-batta. These days, we use an electrical grinder for ease of grinding. These changes are due to different factors such as technological development, improved transportation and better communication.

Ques 3. A teacher says that good food may act as medicine. Ravi is curious about this statement and has some Questions for his teacher. List at least two Questions that he can ask.

Answer:

Ravi can ask the following Questions:

- How does food act as medicine?
- Do all foods act as medicine?

Ques 4. Not all delicious foods are necessarily healthy, while not all nutritious foods are always enjoyable. Share your thoughts along with a few examples.

Answer:

Pizza, french fries, noodles, pastries are some of my favourite foods. Though these foods are very delicious, but they are not good for our health. These food items are rich in calories but do not provide sufficient nutrients. Foods like sprouts, fruits, salads, etc., are very rich in nutrients but I do not enjoy eating them.

Ques 5. Medu does not eat vegetables but enjoys biscuits, noodles and white bread. He often has stomach ache and constipation. What changes should he make in his diet to get rid of these problems? Explain your answer.

Answer:

Roughage is an essential component of our food. It helps our body get rid of undigested food and ensures smooth passage of stools. Medu is suffering from stomach ache and constipation because all food items that he is eating such as biscuits, noodles and white bread do not contain roughage.

He should include good sources of roughage like green leafy vegetables, fresh fruits, wholegrains, pulses in his diet to get rid of problems he is facing.

Ques 6. Reshma had trouble seeing things in dim light. The doctor tested her eyesight and prescribed a particular vitamin supplement. He also advised her to include a few food items in her diet.

- (i) Which deficiency disease is she suffering from?
- (ii) Which food component may be lacking in her diet?
- (iii) Suggest some food items that she should include in her diet to overcome this problem (any four).

Answer:

- (i) Reshma is suffering from night blindness.
- (ii) Vitamin A is lacking in her diet.
- (iii) Reshma should include papaya, carrot, mango and milk in her diet.

Ques 7. You are provided the following:

- (i) Canned fruit juice
- (ii) Fresh fruit juice
- (iii) Fresh fruit

Which one would you prefer and why?

Answer:

Fresh fruit juice does not have roughage while fresh fruit has roughage too. So, I would prefer fresh fruit.

Ques 8. Gourav got a fracture in his leg. His doctor aligned the bones and put on a plaster. The doctor also gave him calcium tablets. On the v second insit, the doctor gave him Vitamin D syrup along with calcium tablets. Refer to Fig. 3.5 and answer the following Ques:

- (i) Why did the doctor give calcium tablets to Gourav?
- (ii) On the second visit, why did the doctor give Vitamin D syrup along with calcium tablets?
- (iii) What Ques arises in your mind about the choices made by the doctor in giving the medicines?

Answer:

- (i) The doctor gave calcium tablets to Gourav because the broken bones need calcium to repair themselves as they are made of calcium.
- (ii) Vitamin D helps body to absorb calcium. This further speeds up the process of repairing of the bones and helps heal fractures.
- (iii) The Ques that comes to my mind is – “Why didn’t the doctor give vitamin D syrup to Gourav on his first visit?”

Ques 9.

Sugar is an example of carbohydrates. Sugar is tested with iodine solution but it does not change to blue-black colour. What can be a possible reason?

Answer:

All carbohydrates do not give blue-black colour with iodine solution. This is the only starch which gives blue-black colour with iodine solution. Though, sugar is a carbohydrate but it is not a starch. So it does not give blue-black colour with iodine solution.

Ques 10.

What do you think of Raman's statement, "All starches are carbohydrates but not all carbohydrates are starches." Describe the design of an activity to test your answer.

Answer:

Carbohydrates are of many different types e.g., starch, glucose, fructose, maltose, sucrose, etc. So, we can say starch is a type of carbohydrate but other carbohydrates such as glucose, fructose, maltose, sucrose are not examples of starch.

We can do an activity to check whether a carbohydrate is a starch or not by using iodine solution. Only starch gives blue-black colour with iodine solution. No other carbohydrates give blue-black colour with iodine solution.

Ques 11.

While using iodine in the laboratory, a few drops of iodine fell on Mishti's socks and a few fell on her teacher's saree. The drops of iodine on the saree turned blue-black while the colour on the socks did not change. What can be a possible reason?

Answer:

The possible reason for blue-black colour on teacher's saree could be the presence of starch. The saree might have been starched. Mishti's socks did not have starch on it, therefore the colour did not change.

Ques 12.

Why are millets considered a healthy choice of food? Can eating just millets suffice for the nutritional requirements of the body? Discuss.

Answer:

Millets are small-sized grains which are very good for our health. They are rich sources of carbohydrates. Besides, they also provide us vitamins, minerals like iron and calcium, and dietary fibres. But they do not provide us proteins.

Ques 13.

You are given a sample of a solution. How would you check the possibility of it being an iodine solution?

Answer:

We can check whether the given solution is iodine solution or not by adding a small amount of starch in it. If the solution on adding starch turns blue-black then the solution is iodine solution. If the solution does not turn blue-black then the solution is not iodine solution.

