



Brain International School

Vikas Puri, New Delhi

ASSIGNMENT NO. 2

SUBJECT: SCIENCE

CLASS-VI

MAY'2025

Chapter -3: Mindful Eating: A Path to Healthy Body

1. Choose the correct option:

- i. Which cooking advancement is NOT part of modern methods?
a) Gas stoves b) Electric grinders c) Silbattas d) Microwave ovens
- ii. Which one of the following food items does not provide dietary fibre?
a) Fruits b) Salads c) Rice d) lettuce

2. In each of the following questions, two statements are given- one labeled Assertion (A) and the other labeled Reason (R). Select the correct answer to these questions from the codes (a), (b), (c) and (d) as given below:

- a) Both A and R are true, and R is correct explanation of the assertion.
- b) Both A and R are true, but R is not the correct explanation of the assertion.
- c) A is true, but R is false.
- d) Both assertion and reason are false.

(i) **Assertion:** Protein is needed for the growth of our body.

Reason: Proteins can be obtained from plants as well as animal foods.

(ii) **Assertion:** Nutrients are components of food.

Reason: Main nutrients are carbohydrates, proteins, fats, vitamins and minerals

3. Answer the following question

1. What are nutrients?
2. How will you test for starch in a food sample?
3. Why do you think a marathon runner drinks glucose water during and after a race?
4. What are the significant differences between traditional and modern culinary practices?
5. What do you call the habit of an individual to eat a particular type of food items commonly?