

SUMMARY

NCERT Class 6 Science Chapter 3: Mindful Eating: A Path to a Healthy Body

Overview

This chapter highlights the importance of eating the right types and amounts of food for good health. It covers nutrients, balanced diets, malnutrition, and food-related habits all crucial for exam sections on health, nutrition, and general awareness.

Key Concepts

- **What is Food?**

- Food provides energy, supports growth, and keeps the body healthy.
- Includes cereals, pulses, fruits, vegetables, milk, meat, etc.
- The body needs variety, not just quantity.

- **Major Nutrients in Food**

- **Carbohydrates**

- Give energy.
- Sources: rice, wheat, sugar, potatoes.

- **Proteins**

- Help build and repair the body.
- Sources: pulses, milk, meat, eggs.

- **Fats**

- Provide energy and help absorb vitamins.
- Sources: oils, ghee, butter, nuts.

- **Vitamins**

- Support immunity, eyesight, growth.
- Types: A, B, C, D, E, K.
- Sources: fruits, vegetables, milk.

- **Minerals**

- Build bones, make blood, keep body functions normal.
- Examples: calcium, iron, iodine.

- **Water**
 - Essential for digestion, circulation, excretion.
 - Makes up about 70% of body weight.
- **Roughage (Dietary Fibre)**
 - Helps bowel movement and prevents constipation.
 - Found in vegetables, fruits, whole grains.
- **Balanced Diet**
 - Contains all nutrients, water, and roughage in right proportion.
 - Varies based on age, gender, activity level.
 - Avoids processed/junk food and excess oil/sugar.
 - Promotes healthy growth and immunity.
- **Malnutrition**
 - Caused by too little or too much of nutrients.
 - Undernutrition: Thin body, stunted growth.
 - Overnutrition: Obesity, diabetes.
 - Common signs: fatigue, weak immunity, poor growth.
- **Mindful Eating Habits**
 - Eat at regular times.
 - Chew food properly and avoid distractions.
 - Avoid overeating, processed food, and sugar-loaded drinks.
 - Wash hands before eating; drink clean water.
 - Avoid food wastage.
- **Common Food Deficiency Diseases**
 - Deficiency Nutrient Symptoms
 - Night blindness Vitamin A Poor vision in dim light
 - Scurvy Vitamin C Bleeding gums
 - Rickets Vitamin D Weak bones
 - Anaemia Iron Pale skin, tiredness
 - Goitre Iodine Swelling in neck
- **Food Safety & Regulation in India**
 - FSSAI Food Safety and Standards Authority of India.
 - A government agency that ensures food safety and quality.

- Regulates food labels, hygiene standards, and additives.
- Responsible for issuing FSSAI license numbers on packaged foods.

Application-Based Questions Competitive Exams Focus

- **Frequently Asked Concepts:**

- Identify nutrients and their sources.
- Match diseases with deficiency nutrients.
- Elements of a balanced diet.
- Importance of food safety and habits.

- **Useful For:**

- UPSC (CSAT): Health & Nutrition, Public Awareness
- SSC, TNPSC, RRB: General Science Food & Health
- School Exams, Olympiads: MCQs on food types, FSSAI, deficiency diseases

Source: NCERT Class 6 Science Chapter 3