

CLASS 6

SCIENCE

REVISION NOTES

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

Quick revision notes for Class 6 Science Chapter 3, "Mindful Eating: A Path to a Healthy Body" -- key facts at a glance for fast last-minute review.

Contents

Components of Food (Quick Table)

Nutrient Tests

Deficiency Diseases (Quick Table)

Key Ideas

Quick revision notes for **Class 6 Science Chapter 3, “Mindful Eating: A Path to a Healthy Body”** — key facts at a glance for fast last-minute review.

Components of Food (Quick Table)

Nutrient	Function	Sources
Carbohydrates	Energy	Rice, wheat, potato, sugarcane
Fats	Stored energy, warmth	Ghee, oils, nuts
Proteins	Body-building, repair	Pulses, milk, eggs, fish
Vitamins/Minerals	Protective functions	Fruits, vegetables, dairy
Dietary fibre	Aids digestion/waste removal	Fruits, vegetables, whole grains, pulses
Water	Absorption, waste removal	Drinking water

Nutrient Tests

Starch: Iodine solution → turns **blue-black**.

Fat: Rub on paper → leaves an **oily, translucent patch**.

Protein: Copper sulphate + caustic soda → turns **violet**.

Deficiency Diseases (Quick Table)

Disease	Missing Nutrient
Scurvy	Vitamin C
Night blindness	Vitamin A
Goitre	Iodine
Rickets	Vitamin D and Calcium
Anaemia	Iron

Key Ideas

Balanced diet: right proportion of all nutrient groups together — no single food is nutritionally complete.

Millets (jowar, bajra, ragi) = “nutri-cereals,” rich in vitamins, iron, calcium, fibre — but not a complete diet alone.

Food miles: distance food travels from source to plate; choosing local/seasonal food reduces this.

Food wastage: avoiding waste of edible food is part of mindful, sustainable eating.

All starches are carbohydrates, but not all carbohydrates are starches (e.g., sugar is a carbohydrate but not a starch).

Quick revision: [Solutions](#) | [Extra Questions](#) for this chapter.

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