

DON BOSCO HIGH SCHOOL PANJIM

LESSON 2 Mindful Eating

1. What is mindful eating?

Mindful eating is the practice of eating food carefully by paying attention to what, when, and how much we eat. It helps us make healthy food choices.

2. Why is mindful eating important?

Mindful eating is important because it helps us eat a balanced diet, avoid overeating, maintain good health, and prevent diseases.

3. What is a balanced diet?

A balanced diet is a diet that contains all the nutrients in the right amounts according to the body's needs.

4. What are the main nutrients present in food?

The main nutrients present in food are carbohydrates, proteins, fats, vitamins, and minerals. Water and roughage are also essential for good health.

5. Why should we avoid eating too much junk food?

We should avoid eating too much junk food because it contains large amounts of fat, sugar, and salt but very few nutrients. It can lead to obesity and other health problems.

6. What are healthy eating habits?

Healthy eating habits include eating a balanced diet, eating meals at regular times, chewing food well, washing hands before meals, drinking enough water, and avoiding junk food.

7. What are carbohydrates?

Carbohydrates are nutrients that provide energy to the body. They are the main source of energy.

8. Why are carbohydrates called energy-giving foods?

Carbohydrates are called energy-giving foods because they supply energy for all body activities.

9. Name some food sources of carbohydrates.

Rice, wheat, maize, potatoes, bread, cereals, sugar, and honey are good sources of carbohydrates.

10. What happens if we eat excess carbohydrates?

Excess carbohydrates are stored in the body as fat, which may lead to obesity.

11. What are proteins?

Proteins are nutrients that help in the growth and repair of body tissues.

12. Why are proteins called body-building foods?

Proteins are called body-building foods because they help in the growth and repair of muscles and tissues.

13. Name some food sources of proteins.

Pulses, beans, milk, eggs, fish, meat, soybean, paneer, and nuts are rich sources of proteins.

14. What happens if there is a lack of proteins in the diet?

Lack of proteins can cause poor growth, weak muscles, and protein deficiency diseases.

15. What are fats?

Fats are nutrients that provide energy and help keep the body warm.

16. Why are fats called energy-rich foods?

Fats are called energy-rich foods because they provide more energy than carbohydrates.

17. Name some food sources of fats.

Butter, ghee, cooking oil, cheese, nuts, seeds, and cream are good sources of fats.

18. Why should fats be eaten in moderation?

Fats should be eaten in moderation because excess fat can cause obesity and increase the risk of heart diseases.

19. Why is water essential for our body?

Water is essential because it helps in digestion, absorption of nutrients, transportation of substances, removal of wastes, and regulation of body temperature.

20. How much water should we drink every day?

A healthy person should drink about six to eight glasses of water every day, though the amount may vary depending on age, weather, and activity.

21. What may happen if the body does not get enough water?

If the body does not get enough water, it may become dehydrated, causing tiredness, headache, dizziness, and weakness.

22. What is roughage?

Roughage is the indigestible part of plant food that helps in the movement of food through the digestive system.

23. Why is roughage important?

Roughage helps prevent constipation and keeps the digestive system healthy.

24. Name some food sources of roughage.

Fruits, vegetables, whole grains, cereals, and salads are rich sources of roughage.

25. Does roughage provide nutrients?

No, roughage does not provide nutrients, but it is essential for proper digestion.

26. What are the sources of carbohydrates?

Rice, wheat, maize, potatoes, bread, cereals, sugar, and honey are sources of carbohydrates.

27. What are the sources of proteins?

Pulses, beans, milk, eggs, fish, meat, soybean, paneer, and nuts are sources of proteins.

28. What are the sources of fats?

Butter, ghee, oils, cheese, nuts, seeds, and cream are sources of fats.

29. What are the sources of vitamins?

Fresh fruits and vegetables are the main sources of vitamins.

30. What are the sources of minerals?

Milk, green leafy vegetables, fruits, eggs, fish, and meat are good sources of minerals.

31. What are the sources of roughage?

Whole grains, fruits, vegetables, and salads are rich in roughage.

32. What is the best source of water?

Drinking water is the best source of water. Fruits and vegetables also contain water.

33. What are deficiency diseases?

Deficiency diseases are diseases caused due to the lack of one or more nutrients in the diet.

34. What causes night blindness?

Night blindness is caused by a deficiency of Vitamin A.

35. What causes scurvy?

Scurvy is caused by a deficiency of Vitamin C.

36. What causes rickets?

Rickets is caused by a deficiency of Vitamin D.

37. What causes beriberi?

Beriberi is caused by a deficiency of Vitamin B₁ (Thiamine).

38. What causes anaemia?

Anaemia is caused mainly by a deficiency of iron.

39. What causes goitre?

Goitre is caused by a deficiency of iodine.

40. What causes protein deficiency?

Protein deficiency can lead to poor growth, muscle wasting, and in severe cases, kwashiorkor.

41. What is obesity?

Obesity is a condition in which excess fat accumulates in the body due to overeating and lack of physical activity.

42. Which nutrient is the main source of energy?

Carbohydrates are the main source of energy.

43. Which nutrient helps in the growth and repair of the body?

Proteins help in the growth and repair of body tissues.

44. Which nutrient provides the maximum amount of energy?

Fats provide the maximum amount of energy among all nutrients.

45. Which food component prevents constipation?

Roughage prevents constipation by helping in the easy movement of food through the digestive system.

46. Which nutrient deficiency causes anaemia?

Iron deficiency causes anaemia.

47. Which vitamin helps us see in dim light?

Vitamin A helps us see in dim light and keeps our eyes healthy.

48. Which vitamin helps in wound healing and keeps gums healthy?

Vitamin C helps in wound healing and keeps the gums healthy.

49. Which mineral is needed for healthy bones and teeth?

Calcium is needed for healthy bones and teeth.

50. Which mineral is needed for the production of haemoglobin?

Iron is needed for the production of haemoglobin.

51. Why should we eat a balanced diet?

We should eat a balanced diet because it provides all the nutrients required for growth, energy, repair, and good health.

52. Why is it important to drink clean and safe water?

It is important to drink clean and safe water because it prevents water-borne diseases and keeps us healthy.

53. Why should fruits and vegetables be included in our daily diet?

Fruits and vegetables should be included in our daily diet because they provide vitamins, minerals, roughage, and water that help keep our body healthy.