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## Worksheet 6 Ch:6 (Food and Nutrition)

| Q.1.              | Def | efine the following:  |               |           |   |
|-------------------|-----|-----------------------|---------------|-----------|---|
| 1-                | Nut | trition:              |               |           |   |
|                   |     |                       |               |           |   |
| 2- Balanced Diet: |     |                       |               |           |   |
|                   |     |                       |               | <u> </u>  |   |
|                   |     |                       |               |           | · |
| 3-                | Nut | trients:              |               |           |   |
|                   |     |                       |               |           |   |
|                   |     |                       |               |           |   |
| Q.2.              | Con | mplete the table:     | Silvi         |           |   |
| S.                | No. | Nutrients             | Their sources | Functions |   |
| 1.                | ı   | Carbohydrates         |               |           |   |
| 2.                | 1   | Fats                  |               |           |   |
| 3.                | ı   | Proteins              |               |           |   |
| 4.                | ı   | Vitamins and Minerals |               |           |   |
| 5.                | ı   | Roughage              |               |           |   |

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Q.3. Identify the type of nutrient in the given food items ad classify them as Energy-Giving food, Body-Building food and Protective food.

| 1. | RICE 2.         | 3.        |
|----|-----------------|-----------|
| 4. | 5.              | 6.        |
| 7. | 8. Downhair No. | Oil<br>9. |