

Worksheet 6
Ch:6 (Food and Nutrition)

Q.1. Define the following:

1- Nutrition:

2- Balanced Diet:

3- Nutrients:

Q.2. Complete the table:

S.No.	Nutrients	Their sources	Functions
1.	Carbohydrates		
2.	Fats		
3.	Proteins		
4.	Vitamins and Minerals		
5.	Roughage		

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


















