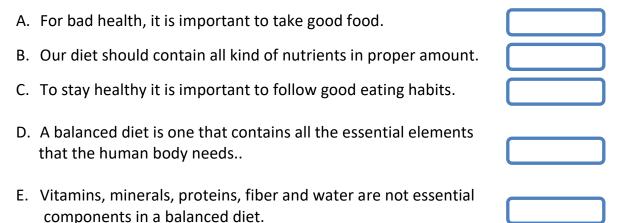
Balanced diet

1. True /False:-



2. Fill in the blanks:-

- A. A ______ diet ensures that a person does not exclude any of the mentioned of food groups from their diet.(balanced/healthy)
- B. Consuming ______ often is not suitable for our health. (junk food/balanced diet)
- C. The primary source of ______ for our body is carbohydrates.(energy/stress)
- D. Our diet should contain all kind of ______ in proper amount.

3.	Answer	the	following	questions.
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- A. What is balanced diet?
- B. Why balanced diet is important for us?
- C. What is needed to be healthy?
- D. What is included in a balanced diet?