

Balanced diet

1. True /False:-

- A. For bad health, it is important to take good food.
- B. Our diet should contain all kind of nutrients in proper amount.
- C. To stay healthy it is important to follow good eating habits.
- D. A balanced diet is one that contains all the essential elements that the human body needs..
- E. Vitamins, minerals, proteins, fiber and water are not essential components in a balanced diet.

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.

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?
