

Balanced Diet

A. Choose the Correct Answer:

1. What is a balanced diet?

- A) Eating only fruits and vegetables
- B) A diet that includes all essential nutrients in the right proportion
- C) Eating only carbohydrates and fats
- D) A diet with no nutrients

2. Which of the following is NOT a component of a balanced diet?

- A) Proteins
- B) Fats
- C) Junk food
- D) Vitamins

3. Why is fiber important in a balanced diet?

- A) It provides energy
- B) It helps in digestion
- C) It builds muscles
- D) It strengthens bones

B. Fill in the Blanks:

1. A _____ diet contains all the essential nutrients in the right proportions.
2. Proteins in a balanced diet help in _____ and repair of tissues.
3. Eating too much _____ in the diet can lead to weight gain and health problems.

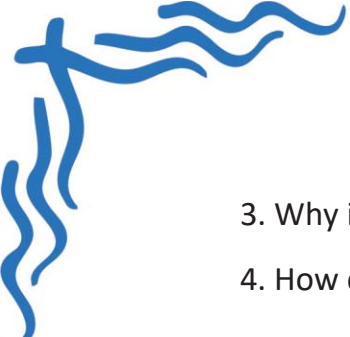
C. Case Study:

Neha's mother ensures that she eats a balanced diet every day.

- For breakfast, Neha has whole-grain bread, eggs (protein), and a fruit (vitamins and fiber).
- At lunch, she eats rice, dal (protein), vegetables, and yogurt (calcium).
- Her mother encourages her to drink plenty of water and avoid sugary snacks.
- Neha also plays outdoor games to stay physically active and healthy.

Case Study Questions:

1. What makes Neha's breakfast a part of a balanced diet?
2. Which nutrient does Neha get from yogurt?

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3. Why is it important for Neha to drink plenty of water?
 4. How does physical activity complement a balanced diet?

D. Short Answer Questions:

1. What is a balanced diet?
2. Why are vitamins and minerals important in a balanced diet?
3. How does drinking water help maintain a balanced diet?

E. Long Answer Questions:

1. Explain the importance of a balanced diet and its components with examples.
 2. How does a balanced diet promote good health? Describe the benefits of each nutrient.
 3. Why is it necessary to avoid junk food and include more healthy foods in a balanced diet?
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