

Balanced Diet and Junk Food

A. Choose the correct answer:

1. Which of the following is an important part of a balanced diet?

- A) Only fast food
- B) Only sugary drinks
- C) A mix of proteins, carbohydrates, fats, vitamins, and minerals
- D) Only fried snacks

2. What is the main disadvantage of eating too much junk food?

- A) It makes bones stronger
- B) It improves eyesight
- C) It can lead to obesity and health problems
- D) It increases memory power

3. Which of the following is considered junk food?

- A) Fruits and vegetables
- B) Whole wheat bread
- C) Burger and fries
- D) Pulses and grains

B. Fill in the Blanks:

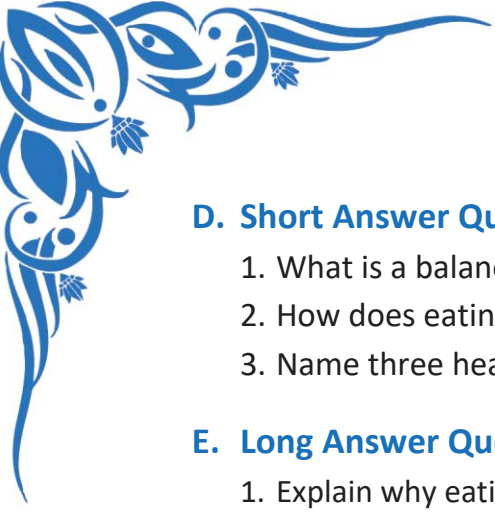
1. A _____ diet includes all the necessary nutrients in the right amounts.
2. Junk food is often high in _____, which can be harmful if eaten in excess.
3. Eating too much junk food can lead to problems like _____ and heart disease.

C. Case Study:

Riya and Arjun are classmates. Riya eats fresh home-cooked meals with fruits and vegetables daily. She is active and rarely falls sick. Arjun, on the other hand, loves eating fast food like chips, pizzas, and soft drinks. He often feels tired and has frequent stomach aches.

Questions & Answers:

1. What is the difference between Riya and Arjun's eating habits?
2. Why does Arjun often feel tired and unwell?
3. How does Riya's diet help her stay healthy?
4. What changes should Arjun make to his diet for better health?



D. Short Answer Questions:

1. What is a balanced diet?
2. How does eating too much junk food affect our body?
3. Name three healthy foods that give us energy.

E. Long Answer Questions:

1. Explain why eating a balanced diet is important for good health.
2. Discuss the harmful effects of junk food on our body.
3. How can we make healthy eating choices in our daily life?