

Introduction and Balanced Diet

1. Answer the following questions:

A. What is a balanced diet?

B. What help us to grow?

C. What are nutrients?

D. What should our diet contain?

2. True or False.

A. It helps to boost the immunity of our body.

B. Balanced diet for the body should contain a variety of food items.

C. The diet for all three days should be balanced.

D. It comprises nutrients like proteins, carbohydrates, fats, vitamins, and minerals.

3. Fill in the blanks.

- A. Proper diet is called_____.
- B. _____ is a balanced food in itself.
- C. In a balanced diet, all the nutrients are present in the_____ proportion.
- D. The body uses_____ to store energy.