

## Balanced Diet

### A. Choose the correct answer:

**1. What is a balanced diet?**

- a) Eating only fruits and vegetables
- b) Consuming a variety of nutrients in the right proportions
- c) Avoiding all fats and carbohydrates
- d) Eating as much food as possible

**2. Which of the following is an essential nutrient for body growth and repair?**

- a) Fats
- b) Proteins
- c) Water
- d) Vitamins

**3. Why is fiber important in a balanced diet?**

- a) It provides energy
- b) It helps with digestion and prevents constipation
- c) It builds muscles
- d) It increases fat storage

### B. Fill in the Blanks:

1. A balanced diet includes carbohydrates, proteins, fats, vitamins, minerals, \_\_\_\_\_, and \_\_\_\_\_.
2. \_\_\_\_\_ helps in building and repairing tissues in our body.
3. Drinking enough \_\_\_\_\_ is essential for digestion, circulation, and temperature regulation.

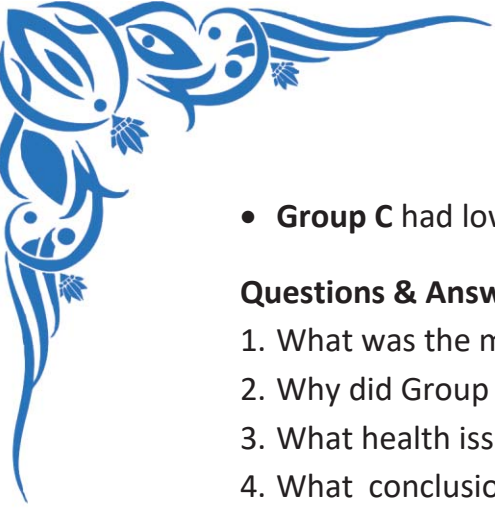
### C. Case Study:

A nutritionist named Dr. Riya conducted a study on how different eating habits affect health. She observed three groups of students for one month:

- **Group A** ate a balanced diet with proteins, carbohydrates, fats, vitamins, and minerals.
- **Group B** ate mostly junk food, high in sugar and unhealthy fats.
- **Group C** skipped meals frequently and ate very little.

After one month, Dr. Riya observed the following results:

- **Group A** had good energy levels and improved concentration.
- **Group B** showed signs of weight gain, fatigue, and lower concentration.



- **Group C** had low energy, weakness, and difficulty focusing in class.

#### **Questions & Answers:**

1. What was the main focus of Dr. Riya's study?
2. Why did Group A perform better in terms of energy and concentration?
3. What health issues did Group B face due to excessive junk food consumption?
4. What conclusion can be drawn from this study about the importance of a balanced diet?

#### **D. Short Answer Questions:**

1. What are the key components of a balanced diet?
2. How does a balanced diet contribute to overall health?
3. Why is it important to drink enough water daily?

#### **E. Long Answer Questions:**

1. Explain how an imbalanced diet can lead to health problems. Provide examples.
2. Why is it important to include all food groups in a balanced diet? Discuss with examples.
3. Describe the role of vitamins and minerals in maintaining good health.