

Balanced Diet

1. Answer the following questions:

A. Define the word diseases.

B. Why do we eat food?

C. Name any four nutrients that are contain in food?

2. Write True or False:-

A. All nutrients do not have their own importance.

B. Proteins help our body to grow.

C. Nutrients in a balanced quantity is called a balanced diet.

3. Fill in the blanks:-

A. Fats also give _____.

B. Body needs all kinds of _____.

C. _____ provide energy to our body to work.

4. Match the following:-

Column A	Column B
i. Asthma	A. Proper quantity
ii. Balance diet	B. Mosquitoes
iii. Dengue fever	C. Lung disease