

Balanced Diet

1. Fill in the blanks

- A. A mineral which is required for healthy bones _____
- B. Rice and potato are full of _____
- C. Vegetables and fruits may lose _____ if washed after peeling
- D. We eat food for _____ and _____ of good health.
- E. Seafood is a rich source of _____
- F. Some nutrients get lost in the process of _____

2. True or false

- A. Vitamin C gets easily destroyed by heat during cooking.
- B. Many useful protein and minerals are lost during cooking if we use excess water.
- C. Repeated washing of rice and pulses may remove vitamins and minerals.
- D. Fried food is necessary for our healthy body.
- E. A balanced diet supplies nutrients to body.
- F. We should drink plenty of water.
- G. Without balanced diet body will be prone to diseases.

3. Match the following:-

| Column A | Column B |
|------------------------|------------------|
| I. Meat | A. Fat |
| II. Salad | B. Protein |
| III. Butter and peanut | C. Dietary fiber |
| IV. Rice and potato | D. Starch |

4. Answer the following questions

A. What is a balanced diet?

B. What is the percentage of water in our body?

C. What happens if we cook vitamin products?

D. What is obesity?

E. Do the vegetable and fruit contain vitamins and minerals in their peel?

A large, empty rounded rectangular box with an orange border, intended for the student's answer to question E.

F. What is the difference between healthy food and junk food?

A large, empty rounded rectangular box with an orange border, intended for the student's answer to question F.