

Class 10 : Home Science

Topic : Balanced diet

SYNOPSIS:-

- *Food plays a major role in our healthy well being .*
- *A balanced diet is one which contains carbohydrates , fat , protein, vitamin, mineral salts , water and fiber in adequate amount and correct proportion .*
- *Each nutrient has its sources and function to perform in the body .*
- *Food group is a collection of food that shares similar nutritional properties or biological classification .*
- *There are immense nutritional contribution of food groups in diet.*
- *Cereal , oils and sugars play major role in our diet if taken in adequate amount .*

SHORT ANSWER QUESTIONS:-

1. *Define balanced diet .*
2. *State the difference between macro nutrients and micro nutrients.*
3. *Give 2 sources of carbohydrates.*
4. *Give 2 function of protein in our body .*
5. *What is the role of milk products in our diet ?*
6. *Fibrous food plays an important role in our diet , Explain .*
7. *Name 2 sources of vitamin D .*
8. *Role of niacin and riboflavin in our diet .*
9. *Give 2 uses of water .*
10. *What are food groups ? name the 5 food groups .*

LONG ANSWER QUESTIONS:-

1. *“Meals are to be planned in a Balanced manner” Explain with suitable example .*
2. *Explain in brief role of sugar and sweet in our diet.*
3. *Write short note on cereal and pulses.*
4. *Give 4 characteristics of a balanced diet.*
5. *“Fats are essential to our health” Explain .*
6. *Explain why fruits and vegetables form an important food group . Mention the nutrient they provide.*

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