

**Very Short Answer Type Questions**

1. Define balanced diet.
2. Define nutrition.
3. Enlist the elements of diet?
4. Mention the sources of carbohydrates in our diet.
5. List down simple types of carbohydrates.
6. State complex carbohydrates types.
7. How many amino acids are found in proteins?
8. Mention the sources of fats in our diet. Or  
Fats are derived from two sources. Name them.
9. What are proteins
10. Explain the importance of calcium for children.
11. Enlist two sources for calcium and iron separately.
12. Mention the sources of proteins in our diet.
13. Mention the sources of vitamin A in our diet.
14. Mention two diseases which come from deficiency of protein.
15. Name any two macro minerals which should be part of our diet.
16. Name the nutritive components of diet.
17. Name any two non-nutritive components of diet.
18. What is the main function of artificial preservation?
19. What is 'Healthy Weight'?
20. Name the basic components of diet.
21. Enlist the dangers of dieting.
22. Why does the weight lifters diet include lots of protein?
23. What are the Micro Nutrients? Or  
Write briefly about 'Micronutrients'.
24. What is Food Intolerance? Or  
What do you mean by food intolerance?
25. What is roughage or fibre in diet?
26. What do you mean by Dieting?
27. Enlist two sources of Calcium.