## **1 Mark Questions**

**VERY SHORT ANSWER TYPE QUESTION**  
**(1 MARK EACH)**  
**Q1. Mention the types of carbohydrate?**

**Q2. List down simple types of carbohydrates?**

**Q3. State complex carbohydrates types?**

**Q4. How many amino acids are found in proteins?**

**Q5. State two Non Nutritive components of Diet?**

**Q6. Which type of Vitamin B are found in diet?**

**Q7. Mention two diseases which come from deficiency of protein?**

**Q8. Name the macro minerals which should be part of our diet?**

**Q9. List down four myths about dieting?**

## **3 Mark Questions**

**SHORT ANSWER TYPE QUESTION [80 TO 90 WORDS] –**  
**(3 MARKS EACH)**  
**Q1. Explain Balanced diet and it function in our body?**

**Q2. Mention micronutrients which are important for body ?**

**Q3. Write importance of protein for our body ?**

**Q4. Write difference between types of carbohydrate simple and complex carbohydrate?**

**Q5. Mention five pitfalls of dietry.**

**Q.6. How water is useful for us ? Explain Briefly ?**

**Q.7 How food intolerance in treated ? What are systems Explain in brief?**

**Q.8 What do you mean by bulimia Nervosa ? Mention causes ?**

**Q.9 Is fat useful or not useful for us and for our body, explain?**

**Q.10 Explain fat soluble vitamins and their sources and water soluble vitamins**  
**and their sources.**

## **5 Marks Questions**

**LONG ANSWER TYPE QUESTION (150 to 200 WORDS ) –**  
**(5 MARKS EACH)**  
**Q.1 What is Balanced Diet ? How it is important for individual body ?**

**Q.2 What factors which can affect for making Balanced Diet ?**

**Q.3 Why macronutrients should be essential part of our diet?**

**Q.4. Mention the types effect of micro nutrients on our body?**

**Q5. What is the effect of Diet on performance of sports persons ?**

**Q6. State four Myths of Dieliving ?**