



# **United International University**

## **School of Science and Engineering**

Assignment-2; Year 2021; Semester: Summer

Course: BIO 3105; Title: Physics, Section: A/B/C

1. Construct a balanced diet chart for 20-25 years adult for a day mentioning the energy intake in calories.
2. Construct a balanced diet chart for 20-25 years adult for a whole week showing energy intake in calories that will be within a healthy range.

The height and weight of the person are 5.3 inch and 52 kg, respectively.