

	Homework	2	
	the wind as the first winds of the		
4	Answer the Bollowing questions: [Very Short]:	
	for the ten ten time all	5	
<u>d)</u>	Debine balanced diet?		
	Dalyara - Dalyara		
-7	A diet which is required for proper		
	growth maintenance protection of	,	
	body in proportion to age, sex, physical activities, etc. and contains all the		
	activities, etc. and contains all the		
	vital nutrients are called balanced diet.		
1	The form of the second	,	
<u>e)</u>	What is junk food?	1	
	What is just from Priving Johns the ne	16	
<u>-></u>	The bood with low or no nutritive		
	value are called junktood.		
-	Loud Alon 1 seek and an ilong loud	A section desired	
V			¥
5)	Answer the following questions:		
\blacksquare	Elizabeth 19		
<u>d)</u>	List the ways of preserving the nutrie	nts	
	List the ways of preserving the nutrie	<u> </u>	
-	Supplied the supplied to the s		
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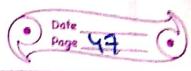
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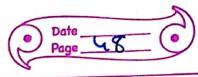
<u>;</u>	
	The ways of preserving the nutrients in
	The ways ob preserving the nutrients in our daily bood are follows:
	daily bood are pollous;
	The state of the s
	- We should not overcook bood.
	- We should cover the Bood while
	cooking.
	- We should not peel oft the vege-
	-We should not peel oft the vege- tables like potato, sweetpotato, etc
	INP Should use cold days a
	rebrigerator for storing food. - We should wash the food nicely
	- We should wash the and inch.
	betore cookin cutting it.
	The sould be seen that the seen that the seen th
e	What is junk frond 2141-1601
	What is junk bood? Write down the bad effects of junk bood.
	That I have some or allow the same and and the
	Junk bood is the bood with low
	or no nutritive value.
	The bad effects of junk bood are
	as follows;
314	Charles and the second of the
į	Loss of annetite and inti
	Loss of appetite and indigestion. Nausea, vommiting and lack of
	sleep.
	Siee p.



	-The bood - Junk boods lack
	essential nutrients and make
	us unhealthy.
	- Physical grown and mental-health
	development become abjected.
	· Some diseases like cancer,
	javadice typhoid stane ulcer
	javndice, typhoid, stone, ulcer, gastritis, etc are also caused
	by junk boods
	- and the same of
(b)	What are energy-giving boods? Make a
	list of them.
	The boods which are rich in
1	
╢	carbohydrate and that are called as
\parallel	energy giving boods.
╢,	Energy giving boods are;
╫	-Rice - Sugar
\parallel	-Wheat -Ghee
\parallel	-Maize - Milk
	- Potato - Milk Product
	- Sweet bruits - Sweets, etc.



6.	Write Short note on:
	the first the state of the stat
(a)	Food adulteration:
The same	The state of the s
	Food adulteration is the practice of
4	adulterating bood or contaminating
	bood materials by adding tew
	substances called as adulterants.
	Adulteration is a bad practice as
1	adulterants are unhealthy ford
40	and After being added to
	nutritious food the adulterants
	reduce the nutrients the Bood and
	makes it unhealthy. Adulteration is
	mostly done in dairy products, cereals, vegetables, meat, grains, etc.
	grainsetc.
	The state of the s
b)	Body-building boods
	P. May -
	The foods rich in proteins like bean, pulses, gram, eggs, meat, etc are called as body-building
	bear pulses gram eggs meat etc
	are called as body-building
7	O July



	foods. These botoods help us to grow, build up our bones and muscles and also grow strong and healthy. These toods are	
	grow, build up our bones and	
	muscles and also grow strong	
	and healthy. These boods are	
	really high in protein-therefore, they help us to be healthy, strong	
	they help us to be healthy strong	
	and increases our muscles, bone skin	
	and blood.	
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