Teacher Name: Class: Subject: Date:

Zakia Amir 8 Science 29th Sep 2018

Q.1 Define the following terms:

1. A balanced diet:
2. Energy Value

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1. Complex carbohydrate:

Q.2: Complete the following tables:

|  |  |
| --- | --- |
| **Nutrients** | **Functions** |
| 1. Protein |  |
| 1. Water |  |
| 1. Fats |  |

Q.3: Fill in the blanks:

1. Beri-beri is a disease affecting the nerves and muscles, and is caused by the deficiency of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. An average person needs about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ litres of water
3. The food sources for Vitamin C are \_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_.
4. Carbohydrates are required by our body in \_\_\_\_\_\_\_\_\_\_\_\_\_ amount.
5. There are 20 different types of amino acids which link up to form millions of \_\_\_\_\_\_\_\_\_\_\_\_