

1. FIB

Ysc Ch-2

- (a) Component of food that provide energy
- (b) Component of food that Participate in body building
- (c) Component of food ~~is~~ needed for growth and maintenance
- (d) Component of food that protect us from diseases

2. Very short answer

- (a) Name the food rich in carbohydrate →
- (b) Name the food rich in protein →
- (c) Name the food rich in fat →
- (d) Name the two types vitamin →

3. What is dietary fibre?

4. Define Balance diet?

5. Define deficiency diseases?

6. Name any three vitamin <sup>their</sup> sources and deficiency disease caused by them about

7. Explain Carbohydrates?

8. Explain about fats?

9. Explain about Protein