

## Balancing the Diet

---

### Assessment 6 & 7

Total Marks : 30

#### Q.1. Multiple Choice Questions:

(05)

- i. A sedentary man who has calorie requirement of 2400 a day. He takes 500 calories from proteins in his diet what is the percentage of protein in his diet?
  - a)20%
  - b)30%
  - c)50%
  
- ii. A person has consumed 45 grams of a food. The table shows that 100 grams of this food contains 80 calories. How many calories the person has consumed?
  - a)20
  - b)25
  - c)36
  
- iii. Fat content of a daily intake in a balanced diet should be;
  - a)1%
  - b)2%
  - c)5%
  
- iv. Based on their nutrient content foods are categorised into;
  - a)five main groups
  - b)six main groups
  - c)seven main groups
  
- v. How many portions of fruits and vegetables a person should eat in a day?
  - a)3 portions
  - b)4 portions
  - c)5 portions
  
- vi. One serve of cereal equals to;

## Eating Disorder

---

- a)1 cup of cooked rice, pasta or noodles
  - b)2 cups of cooked rice, pasta or noodles
  - c)2 table spoons of cooked rice, pasta or noodles
- vii. Fibre helps in the process of digestion and can
- a)lower blood cholesterol
  - b)increase blood cholesterol
  - c)can not effect cholesterol level
- viii. The glycaemic index (GI) is a way of ranking carbohydrate foods based on;
- a)how quickly they decrease blood sugar levels
  - b)how quickly they decrease energy levels
  - c)how quickly they increase blood sugar levels
- ix. Fat transports;
- a)vitamins C and B1 around the body
  - b)vitamins A, D, E and K around the body
  - c)vitamins C and D around the body
- x. Anti oxidants are present in;
- a)caffeine
  - b)soft drinks
  - c)green tea

Q.2. Short Questions: (16)

All questions carry equal marks

- i. What are trace minerals? Why are they called “trace minerals”?
  - ii. Why should we prefer whole grain foods over refined foods?
  - iii. What are the two main types of sugar?
  - iv. Describe methods for healthy preparation for fruits and vegetables.
  - v. What is the importance of adequate fluid intake?
  - vi. What is energy density?
  - vii. Describe the best sources of dietary fibre. How does it benefit our health?
  - viii. What is Glycaemic index (GI)?
3. Why is calcium important especially for children? And what are calcium alternatives for those who exclude milk and dairy products from their diets? (9)