

## Balancing Diets

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### Assessment 3

Total Marks 30

1. What are trace minerals? Why are they called “trace minerals”? 6
2. Why should we prefer whole grain foods over refined foods? 6
3. Describe methods for healthy preparation for fruits and vegetables. 6
4. Describe the best sources of dietary fibre. How does it benefit our health? 6
5. Why is calcium important especially for children? And what are calcium alternatives for those who exclude milk and dairy products from their diets? 6