

Balancing Diets

Assessment

Total Marks 30

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| 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 |