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- 01. Write the nutrient that is present in following food
  - i). Bread -
  - ii). Milk -
  - iii). Eggs -
  - iv) Yams -
  - v). Fish –

## 02. Write the particular nutrient which supplies following functions

- i). safeguard the body from diseases
- ii). Give energy to the body
- iii). Protect from cold temperature
- iv). Repair the worn out tissues
- v). Avoid constipation.

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03. What are examples for processed food?

## 04. Write the deficiency of following diseases?

| Anaemia                   |
|---------------------------|
| Goitre                    |
| Night blindness           |
| Weakening bones and teeth |

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## PART II

| 05. What are the reasons that should be considered when selecting a food? Write any  |  |  |  |  |  |
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| three.   |  |  |  |  |  |
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| 06. Write the composition of following food in a food plate                          |  |  |  |  |  |
| i) starch food   |  |  |  |  |  |
| ii) vegetables and fruits  |  |  |  |  |  |
| iii) meat , eggs, fish   |  |  |  |  |  |
| 07 Write five methods that have been used since ancient times to protect the quality |  |  |  |  |  |
| food.  |  |  |  |  |  |
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08. Write five problems faced due to under nutrition.

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