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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					
three.					
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.					
<u> </u>					

08. Write five problems faced due to under nutrition.

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