

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Science: Food and Health

### Choose the best answer: (Part 2)

1. A diet that includes a variety of food containing the right amount of each nutrient is called \_\_\_\_\_.  
 a) Ketogenic diet      b) Nutritious diet      c) Balanced diet
  
2. Wrong eating habits can cause \_\_\_\_\_.  
 a) bad health      b) good health      c) nutrient health
  
3. \_\_\_\_\_ is a condition in which the body does not get the right amount of nutrients.  
 a) Malnutrition      b) Under nutrition      c) Over nutrition
  
4. A person who does not get enough nutrition in food suffers from \_\_\_\_\_.  
 a) Malnutrition      b) Under nutrition      c) Over nutrition
  
5. A person who eats too much food or food with excess nutrients may suffer from \_\_\_\_\_.  
 a) Malnutrition      b) Under nutrition      c) Over nutrition
  
6. Food that may be enjoyable to eat but bad for our health is called \_\_\_\_\_.  
 a) Vitamins rich food      b) Junk food      c) Nutritious food

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7. The condition of being overweight due to extra fat in the body is called \_\_\_\_\_.

- a) Obesity                      b) Thinness                      c) Leanness

8. A disease caused due to the lack of one or more nutrients in the body is called \_\_\_\_\_.

- a) Food Deficiency              b) Anemia                      c) Deficiency disease

9. Pulses, eggs, milk and soya beans are rich sources of \_\_\_\_\_.

- a) vitamins & minerals              b) proteins                      c) carbohydrates

10. Potato, bread, rice and chapatti are rich sources of \_\_\_\_\_.

- a) carbohydrates              b) fats                      c) roughage & water

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1. c) Balanced diet
2. a) bad health
3. a) Malnutrition
4. b) Under nutrition
5. c) Over nutrition
6. b) Junk food
7. a) Obesity
8. c) Deficiency disease
9. b) Proteins
10. a) Carbohydrates

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