

SARALA BIRLA PUBLIC SCHOOL

Birla Knowledge City, Mahilong, Ranchi
CLASS-XII (2020-21)

Sub: Physical Education
Assignment-2



SARALA BIRLA
PUBLIC SCHOOL

(SARALA BIRLA GROUP OF SCHOOLS)



INTERNATIONAL
SCHOOL AWARD
2018-21

VERY SHORT QUESTIONS/MCQ

1. What is balanced diet?
2. What do you mean by food and nutrition?
3. What are micro nutrients?
4. Food intolerance can caused.....
A) Sudden increase in hunger B) Nausea and stomach pain
C) Both 1 and 2 D) Neither 1 or 2
5. Which of the following is a non-nutritive component of diet?
A) Roughage B) Water C) Caffeine D) All of these

SHORT QUESTIONS

6. Explain various pitfalls of dieting.
7. What are vitamins? Name the types of vitamins.
8. Mention the uses of any two minerals in our diet.
9. What are the nutritive and non-nutritive components of diet?
10. Write briefly about Proteins as an essential component of diet?

LONG QUESTIONS

11. Explain macro-nutrients and their role in our diet.
12. Explain any five essential elements of diet.
13. Vitamins are essential for our metabolic process. What happens if we devoid our diet of vitamins?