**UNIT 2: A Balanced Diet:**

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1. **What is balanced diet?**
2. **Name the important food substances?**

**a)**

**b)**

**c)**

**d)**

**f)**

1. **Fill in the Table.**

|  |  |  |
| --- | --- | --- |
| **Type of food**  |  **Found in**  | **Use in the body**  |
| Proteins |  |  |
| Fats |  |  |
| Carbohydrates |  |  |
| Vitamins and Minerals |  |  |
| Fiber |  |  |