

WORKSHEET 6.2 : Balanced Diet

Score ___/___

A. Fill in the blanks with suitable word:

1. A balanced diet contains all the seven classes of nutrients which include carbohydrates, _____, _____, water, _____, _____ and _____ in the correct proportion and _____, to meet daily requirement of the body.
2. A balanced diet is essential for a healthy _____ and development of the body.
3. An adequate daily supply is required for every person. Carbohydrates and lipids provide _____, protein promotes _____, minerals, vitamins, water and roughage help to maintain _____.
4. Complete diagram below :

