Name :		Chapter 6 Nutrition
WORKSHEET 6.2 : Balanced Diet		Score/
A. Fill in the blanks with suitable word  1. A balanced diet contains all the carbohydrates,  correct proportion and body.  2. A balanced diet is essential for a body.	e seven classes of nu	, water, in the et daily requirement of the
An adequate daily supply is requested provide minerals, vitamins, water and related to the complete diagram below:	, protein promotes _	
Growing and need more energy compared to adult. The rate in growing children and teenagers is higher than adults because they need more for growth.	Factors affecting daily energy requirement	(c) Size and body  weight sized people need energy than big sized people The rate of loss in small sized people is higher than big sized people because they have a surface area per unit volume.
A adult needs more energy than a adult of the same size and age. The rate in male adults is higher than female adults because they need more energy for their development of their body.	of the human body	(d) Occupations  An active person who does work needs more energy than a person who is moderately active.