

NAAHAR PUBLIC SCHOOL (CBSE) SENIOR SECONDARY, VILLUPURAM
ACADEMIC YEAR (2022-2023)
SLIP TEST (OCT)

CLASS: XII

SUB: PED

SUB TEACHER: Mr.RAJEESH

MARKS: 25

DUR: 40Mins

DATE:28.10.2022

LMUTIPLE CHOICE QUESTIONS

(11)

1. Balanced diet consists high source of
A) Proteins B) Carbohydrates C) Fats D) All the components of diets in balanced form
2. Macronutrients are ;
A) Carbohydrates B) Protein C) Fats D) All of the above
3. Protein sources are :
A) Dairy products B) Fruits C) Pulses D) Butter
4. Sports diet before competition should have high source of :
A) Protein B) Fats C) Simple carbohydrates D) Vitamins & Minerals
5. Pitfall of dieting is
A) Skipping meal B) Reducing energy food C) Drinking lot of water D) Taking food supplements
6. Carbohydrates found in :
A) Rice B) Fish C) Butter D) Vitamin
7. Roughage is _____ Food.
A) Macronutrient B) Micronutrient C) Non-nutritive D) Nutritive
8. Instant energy food consists of :
A) Protein B) Simple Carbohydrates C) Vitamin and minerals D) Fats
9. Healthy range of Body mass Index (BMI) in males falls between:
A) Less than 20 B) 20 to 25 C) 26 to 30 D) More than 30
10. Which of the following minerals is helpful for water balance of the body?
A) Calcium B) Sodium C) Potassium D) Iron
11. The main source of protein are
A) Fish, Meat & eggs B) Green vegetable C) Wheat and Rice D) Sunlight and water
12. Explain type of Nutrients **(3)**
13. What is Nutritive and non nutritive components of diet? List down the components. **(3)**
14. Write any three tips for weight control **(3)**
15. What is pitfall dieting? Explain it's causes affect and management. **(5)**

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