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

CLASS: XII		MARKS: 25				
SUB: PED SUB TEACHER: Mr.RAJEESH		DUR: 40Mins DATE:28.10.2022				
I.MUTIPLE CHOICE QUEST			D	A1 L.20.10.2022	(11)	
1.Balanced diet consists high so					(11)	
A) Proteins B) Carbo		() Fats	D) All the cor	mponents of diets in b	palanced form	
2. Macronutrients are;	, 414000	, 1 445	<i>2)</i> 1111 4110 4 01	p 0 .	, w. w. 1	
A) Carbohydrates B) Protei	n C) Fats	D) All of the	above		
3. Protein sources are :	,		,			
A) Diary products B) Fruits	\mathbf{C}_{i}^{γ}) Pulses	D) Butter			
4. Sports diet before competition	n should have hig	sh source of:				
A) Protein B) Fats	\mathbf{C}_{j}) Simple carb	ohydrates	D) Vitamins &	Minerals	
5. Pitfall of dieting is						
	ing energy food (C) Drinking l	ot of water	D) Taking food	supplements	
6. Carbohydrates found in :		C) P ++		D) 17.		
A) Rice B) Fish	1	C) Butter		D) Vitamin		
e e	ood.	C) Non my	tuities a	D) Mutuitius		
A) Macronutrient B) Micron		C) Non-nu	tritive	D) Nutritive		
8. Instant energy food consists of		C) Vitomir	and minarals	D) Fats		
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 2		C) 26 to 3		D) More than 3	30	
10. Which of the following mine		,			50	
A) Calcium B) Sodium		C) Potassii	-	D) Iron		
11. The main source of protein a		e) i otassic	****	D) Hon		
	Green vegetable	C) Wheat a	and Rice	D) Sunlight an	d water	
12. Explain type of Nutrients		-,		,	(3)	
13. What is Nutritive and non no	utritive componer	its of diet? Li	ist down the co	mponents.	(3)	
14. Write any three tips for weig				•	(3)	
15. What is pitfall dieting? Expl		ect and mana	gement.		(5)	
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A) Proteins B) Carbo		C) Fats	D) All the cou	mponents of diets in b	palanced form	
2. Macronutrients are ;	nyuraics C) rais	D) All the col	imponents of diets in t	dianeca ioiii	
A) Carbohydrates B) Protei	n C) Fats	D) All of the	ahove		
3. Protein sources are:	n C,	, i ats	D) in or the	above		
A) Diary products B) Fruits	C) Pulses	D) Butter			
4. Sports diet before competition	,		,			
A) Protein B) Fats) Simple carb		D) Vitamins &	Minerals	
5. Pitfall of dieting is	- /	, _I	<i>y</i>	,		
A) Skipping meal B) Reducing energy food C) Drinking lot of water			D) Taking food	D) Taking food supplements		
6. Carbohydrates found in :	<i>C C</i> ³	,		, .	11	
A) Rice B) Fish		C) Butter		D) Vitamin		
7. Roughage is Fo	ood.					
A) Macronutrient B) Micron		C) Non-nu	tritive	D) Nutritive		
8. Instant energy food consists of:						
A) Protein B) Simple Carbohydrates C) Vitamin and minerals				D) Fats	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) Potassiu	ım	D) Iron		
11. The main source of protein a		C) Wheat a	and Diss	D) Cambiolet on	d	
A) Fish, Meat & eggs B) 12. Explain type of Nutrients	Green vegetable	C) wheat a	mu Nice	D) Sunlight an		
13. What is Nutritive and non nutritive components of diet? List down the components.					(3) (3)	
14. Write any three tips for weight	-	or aret: L	ist down the co.	inpononio.	(3)	
15. What is pitfall dieting? Explain it's causes affect and management.					(5)	