

National Institute of Open Schooling
Senior Secondary Course- Physical Education and Yog
Lesson 10: Diet and Nutrition

Worksheet – 10

Q.1 "Diet is the total amount of the food taken by individual", write down the diet plan you follow in daily life and the importance to have balance diet.

Q.2 List down the four important functions of the food in your own words.

Q.3 "The nutrients are molecular (chemical) substances in the food required by all living organisms to survive, grow, and reproduce", in light to the given statement explain the following in your own words:

A) Macronutrients and its sources

B) Difference between Fats and Proteins and its importance for human body.

Q.4 Various types of vitamins are present in our body in small quantity, write down the types of vitamins and the difference between fat- soluble and water-soluble vitamins.

Q.5 Write down the best features and importance of the yogic diet in your own words.