

Question-1: Why the adolescents' intake sufficient quantity of balance and nutritious food?

Answer: The adolescents' intake of sufficient quantity of balanced and nutritious food is required for body protection and its growth. They grow very first at this time. They remain busy with study, games, sports, running, jumping etc. For this reason, they need extra calories or food energy. As body grows faster during puberty, sufficient quantity of nutritious & balanced diet needs to take. The children of this age should have the scope to eat a lot of protein enriched food.

Question-2: What is Nutritious food?

Answer: The foods which keep the body healthy and strong are called Nutritious food?

Question-3: What is balanced food?

Answer: The food which enriched with six elements namely-

1. Protein
2. Carbohydrate
3. Oil & fat
4. Vitamin
5. Mineral and
6. Water

Question-4: What is the requirement of water in our body?

Answer: The requirement of water in our body as follows:

1. Water helps in building body strong structure and keep the body active. A human body contains 70% water of its total weight.
2. Water helps to digest food.
3. Water helps to blood circulation.
4. Water helps to reach nutrition's to all the parts of the body.
5. Waste helps to discharge body water

Dear Students, now you try to solve the answer following question.

Question no-1: What are the functions of Protein?

Question no-2: What are the sources of protein?

Question no-3: What are the functions of carbohydrate?

Question no-4: What are the foods of full carbohydrate?

Question no-5: Where are founds fat & oil?

Question no-6: What are the foods of vitamin enriched?

Question no-7: When are the children grow very fast?

Question no-8: What happens due to intake of less nutritious food?

Question no-9: How the children grow up properly at puberty?

Question no-10: When obesity is occurred?