

HARI VIDYA BHAWAN

Session 2021-2022

Subject- Physical Education (048)

Class -12th

Chapter- 2 (Sports and Nutrition)

Worksheet-4

General Instructions :

- You have to do the worksheet in your **fair Notebook**.
- Maintain **Two Separate Notebooks** for the worksheets & mark it **Notebook no. 1 & No. 2**
- In **Notebook no.1** you have to do the worksheets from **1st to 15th date of month** & in **Notebook no.2** you have to do the worksheets from **16th to 31st date of month**
- Maintain your notebooks properly with **Cover & Index**
- Work should be **Neat & Clean**.

Topic- Balance diet and Nutrition : Macro and Micro Nutrients.

One Word Answers/MCQS

- Q.1. Which group of fats usually increases the chances of heart disease
A) Saturated fats. B) poly unsaturated fats. C) Mono unsaturated fats.
D) All of the above.
- Q.2. Which disease is caused by the deficiency of vitamin b5?
A) beriberi. B) pellagra. C) Rickets. D) Night blindness
- Q. 3. Which vitamin is helpful in the clotting of blood?
A) vitamin k. B) vitamin C. C) vitamin A. D) Vitamin E

Shorts Answers Questions

- Q.4. Clarify the meaning of balance diet.
- Q.5. What do you mean by macro and micro nutrients? .
- Q.6. Briefly explain about vitamins.
- Q.7. Explain Nutrition.

Long Answers Questions

- Q.8. What do you mean by macro nutrient? Explain all macro nutrient.
- Q.9. Discuss the fat soluble and water soluble vitamins in detail.

Q. 10. Explain micro nutrient in detail.