

HARI VIDYA BHAWAN

Session 2021-2022

Subject- Physical Education (048)

Class -12th

Chapter- 2 (Sports and Nutrition)

Worksheet-5

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- Nutritive And Non – Nutritive Component Of Diet

One Word Answers/MCQS

Q.1. In most of the carbohydrates the ratio of hydrogen atoms to oxygen atom is :

A) 2:1. B) 1:2. C) 1 : 3 D) None of these

Q.2. Which one of the following is not the non nutritive component of diet?

A) Roughage. B) Sulphur. C) Protein . D) Flavour Compound.

Q. 3. Which one of the given minerals play an important role in the formation of haemoglobin?

A) Iron. B) Sulphur. C) Phosphorus. D) Sodium.

Shorts Answers Questions

Q.4. What do you mean by non nutritive component of diet.

Q.5. What is Roughage? Explain in brief.

Q.6. Discuss protein as the nutritive component of diet.

Q.7. Discuss about minerals as nutritive component of diet.

Long Answers Questions

Q.8. What do you mean by non nutritive components of diet? Explain any four non nutritive components in brief.

