

GIVE ONE-WORD ANSWERS

1. Who can provide all the essential food constituents necessary for the growth and maintenance of the body?
2. If eating the right number of foods from all food groups is called ___
3. Which nutrients are turned into amino acids?
4. What are the science of food and its relationship with health?
5. What are the proteins deficiency diseases in children?
6. How many types of Nutrients?
7. Which carbohydrates are soluble in water?
8. What is the ratio of carbon, hydrogen, and oxygen atoms in carbohydrates?
9. How many types of carbohydrates?
10. Which nutrient helps for growth?
11. Which nutrient helps for immunity?
12. A diet is called balanced only when?
13. Which diet acts like fuel in our body?
14. Which nutrients help transport O₂ and make antibodies?
15. Which diet provides us instant energy?
16. Which carbohydrates are called sugar?
17. Starch, dextrin, and glycogen are called ___
18. Which nutrients constitute the majority of individuals' diet?
19. Which carbohydrates are not sweet?
20. Which diseases may be possible, if intake excessive animal proteins?
21. Which carbohydrates are directly get digested and diluted in the blood rapidly?
22. In which nutrient, we can find contain – C, H, O₂, N, and S?
23. Why proteins can't be directly absorbed into our blood?
24. What are the contains the elements of Carbohydrates?
25. How many amino acids must be available in the diet?
26. Which carbohydrates have a smaller chain of chemicals?
27. If you want to repair the broken tissues, which nutrients you can suggest?
28. How much gm. of protein is required per pound of the ideal body weight?
29. What is the major source of energy in our diet?
30. What is the function of proteins?
