

(continue your work after question and answer) **Ch-1 (Food we eat)**(science notebook)

B. Explain the following terms:

1. Balanced diet- A diet that contains all the nutrients in the right proportion is called a balanced diet.

2. Preservation - The process by which the food is stored to protect it from getting spoilt is called preservation.

C. Name the following (2 for each)

1. Nutrients - carbohydrates, proteins.

2. Ways of preserving food- canning, pickling.

3. Good sources of roughage- green leafy vegetables, fruits.