

Sat

Ques Name the Following

1. Two main sources of food.
Plants , Animals
2. Besides carbohydrates, fats, minerals & other nutrients of food are
Proteins , Vitamins
3. Two foods rich in proteins.
Soybean, Milk, Cheese, pulses, eggs, fish.
4. Milk, cheese and curd are a rich source of
Calcium
5. Diet that contains all the nutrients
Balanced diet
6. Stomach, intestine, food pipe are some organs of which system.
Digestive
7. Urine is formed here
Kidneys
8. Digestion starts here
Mouth
9. Potassium, sodium are kinds of
Minerals
10. Name the different kind of Vitamins.
A, B, C, D, E and K