

ENGLISH VERSION

- 1 Define the terms 'Food' and 'Nutrition' and explain the importance of Balanced diet. 20

OR

- 1 Discuss in detail the classification of carbohydrates. 20
- 2 Discuss the functions of protein and protein metabolism. 20

OR

- 2 Discuss in detail about vitamin B₁ (thiamin) and vitamin C. 20
- 3 Write the functions and resources of Calcium and Iron. 20

OR

- 3 Discuss in detail about Good Nutrition and Malnutrition. 20
- 4 Write short note on : (any **one**) 10
- (1) Vitamin 'A'
- (2) Types of cooking method