Q.1. What are macronutrients? Briefly explain each category.  
   OR  
   What are proteins? Why are proteins essential for humans?  
   (5)

Q.2. Define food and nutrition. Discuss relation of food and health.  
   OR  
   Explain physiological, psychological and social importance of food.  
   (5)

Q.3. Define carbohydrates. Discuss its functions and sources.  
   (5)

Q.4. Explain micronutrients with their functions and sources.  
   (5)

Q.5. What is menu planning? Discuss factors affecting menu planning.  
   OR  
   Plan a menu for a heart patient.  
   (5)

Q.6. What do you mean by conserving nutrients?  
   (5)

Q.7. Write short notes on any two:  
    (a) Proteins  (b) Fat  
    (c) Minerals  (d) Vitamins  
   (2x2 ½ =5)
Q.8. Explain in 2 or 3 lines (any five):
(a) Hypertension
(b) Obesity
(c) Dietary guidelines for sports person
(d) Food storage
(e) RDA
(f) Balanced diet

(5x1=5)

Q.9. Match the following:
(a) Vitamin D  (i) Essential amino acids
(b) Albumin    (ii) Rickets
(c) Methionine (iii) Deficiency of iron
(d) Kilocalories (iv) Proteins
(e) Anemia     (v) Energy value (unit)
(f) EFA        (vi) Vitamin B
(g) Beri Beri  (vii) Soyabean oil
(h) Blood clotting (viii) Spinach
(i) Scurvy     (ix) Vitamin D
(j) Iron       (x) Vitamin C

(10x1=10)

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