Balanced diet:

1. Explain what is meant by the term “Balance Diet” for Humans?

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1. Write down the words missing from the following paragraph:

Fats and carbohydrate both provide the body with ……., but fats can provide …….. as much

as carbohydrates. Excess fats can be stored in the body but carbohydrates must be changed

into …………… or ……………… before they can be stored. The main types of carbohydrates

are …….. , ……… and ……… Examples of foods rich in starch are …………… and ………….

foods rich in fat are ………………….. and ……………………

1. Explain which the different vitamins are. Include their deficiency diseases.

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1. Complete the table below listing the components of a balanced diet as well as their function. Some boxes have been completed for you

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| Component/Sources | Why they are important |
| Component: |  |
| Source(s) |
| Component: |  |
| Source(s) |
| Component: |  |
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