

Assessment 4

Total Marks: 30

Q.1. Short Questions: (20)

All questions carry equal marks

- i. Describe methods for healthy preparation for fruits and vegetables.
- ii. What is the importance of adequate fluid intake?
- iii. What is energy density?
- iv. Describe the best sources of dietary fibre. How does it benefit our health?
- v. What is Glycaemic index (GI)?

Q.2. Why is calcium important especially for children? And what are calcium alternatives for those who exclude milk and dairy products from their diets? (10)