

<https://www.youtube.com/watch?v=s7FcWYRELow>

https://www.youtube.com/watch?v=-H_bxmH5OVk

Hello every one watch the video
and answer the flowing question

What is nutrition?

Ans.

Why do we need carbohydrates?

Ans.

Why do we need proteins?

Ans.

Write four examples of each:

- 1. Energy giving food:**
- 2. Body building food:**
- 3. Fats:**
- 4. Vitamins:**
- 5. Minerals:**

Write the following answers:

What is protective food? Why do we need to eat protective foods?

Ans.



