

Fill in the blanks:-

- i) Fats give _____ & taste to our food.
- ii) _____ is a complex carbohydrate.
- iii) Vitamin _____ & _____ can be produced within our body.
- iv) Growing children & pregnant woman need more _____.
- v) Rice, wheat, potatoes & Maize are rich in _____.
- vi) _____ helps in utilization of other nutrients.
- vii) Proteins are _____ food.
- viii) People living in the coastal areas generally do not suffer from _____ disease.
- ix) Hormonal imbalance, metabolic disorders, lack of physical work are cause of _____.