Name: _____ Class: 10TW

Balanced Diets

1. Balanced diet contains food from all food _____ in their correct _____.
2. The amount of energy required daily depends on a person's age, occupation and _____.
3. _____ require more energy than females and as age increases, the energy requirements _____.
4. An excess of carbohydrates and fats in one's diet continually can lead to _____, especially when the person _____ exercise.
5. _____ is caused by a severe deficiency of protein.
6. Marasmus is a disease caused by a severe deficiency of proteins and _____.
7. Night blindness is caused by a deficiency of vitamin _____.
8. _____ is caused by a deficiency of vitamin B1 while pellagra is caused by a deficiency of vitamin _____.
9. A deficiency in vitamin C leads to the disease _____.
10. Anemia results from a deficiency of _____ in the diet.

LIVEWORKSHEETS