

Very Short Answer Type Questions

1. Name any two nutrients found in millets.
2. What is the purpose of conducting a starch test on food?

Short Answer Type Questions

3. Explain the term 'food miles.' Why is it important to consider food miles when choosing what to eat?
4. List any two benefits of mindful eating.
5. What are the two main components of food? Briefly explain the role of each.

Long Answer Type Questions

6. Describe the steps involved in testing for protein in a food sample. What observations would you expect if the food contains protein?
7. What is a balanced diet? Create a simple meal plan for a day that includes all the essential nutrients. Explain how each meal contributes to a balanced diet.