

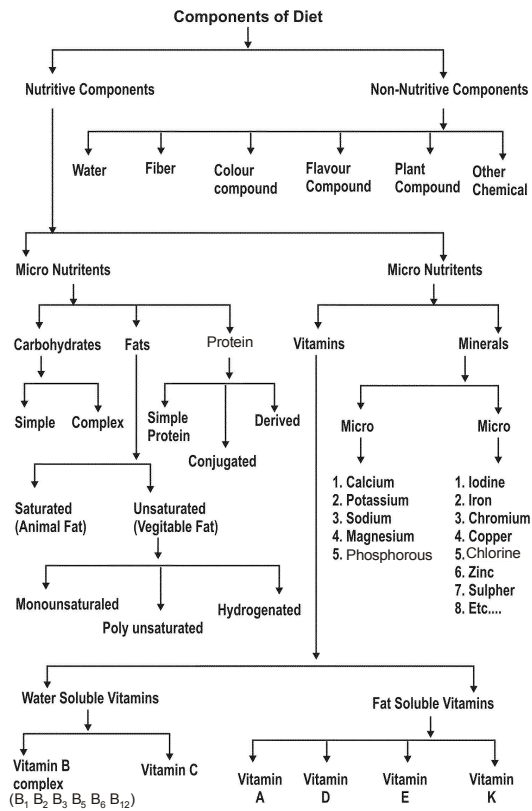
## UNIT - 2

# Sports and Nutrition

### Key Points :-

- 2.1 Balanced Diet and Nutrition : Macro and Micro Nutrients.
- 2.2 Nutritive and Non-nutritive components of diet.
- 2.3 Eating for weight control - A healthy weight, the Pitfalls of dieting, Food Intolerance and Food myths.
- 2.4 Sports Nutrition and its effect on performance (Fluid & Meal in take, pre, during and post competition).
- 2.5 Food Supplement for Children.

### 2.1



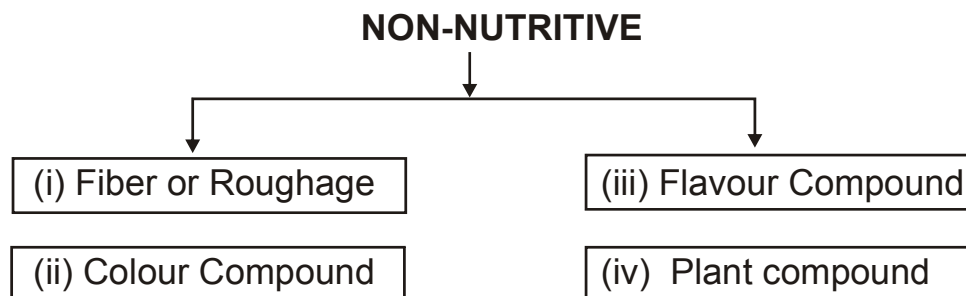
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**2.1 A. Balanced Diet :-** A complete food, a diet contains adequate amounts of all the necessary nutrients required for proper growth & maintenance of body.

**B. Nutrition :-** It is the process of obtaining & consuming food or breaking down food & substances taken in by the mouth to use for energy in the body.

**C. Nutrients :-** The energetic food in our diet consists of various types of essential chemicals for our body termed as nutrients :- e.g. Protein, fat, carbohydrates, vitamins & minerals.

## 2.2 Non-Nutritive Components of Diet.



## 2.3 Eating for weight Control

(i) A healthy weight is a weight that lowers your risk for health problems, generally body mass index (BMI) and waist size are good ways to achieve healthy weight. Methods to calculate BMI = Weight in Kg/ (Height in m)<sup>2</sup>.

**Eating for weight control :-** Factors to control body weight

- \* Balanced diet
- \* Drinks lots of water
- \* Eating lot of fibrous food
- \* Regular Medical Checkup
- \* Avoid Fats

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- \* Medicine only by doctors advice
  - \* Physical Activity
  - \* Avoid Drinking
  - \* Avoid Junk food
  - \* Meals in small shifts
  - \* Follow Hygenic Habits
  - \* Do not Dieting
  - \* Never Try sliming pills
  - \* Avoid over eating
  - \* Balancing the intakes of calories and expenditure of calories.

**B. Pitfall of Dieting**

- \* Disturbed digestive system
- \* Acidity problem
- \* Gastric problem
- \* Muscular weakens
- \* Quick Tiredness
- \* Loose the shining of face
- \* Disturbed the metabolic rate
- \* Muscle cramp
- \* Chances of heart problems
- \* Pain in stomach
- \* Palpitations
- \* Burning sensation in urine
- \* After dieting when person comes on normal diet his. Body wt overshoots the initial body wt from where he started the dieting

**C. Food Intolerance**

Food intolerance is that when a person has difficulty in digesting a particular food.

Symtoms : Nausea, Vomiting, Pain in joints, headache and reshes on skin, Diarrhoesa, sweating, palpitations,

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**Causes :**

Absence of activity of enzymes responsible for breaking down the food elements. These are usually innate sometimes diet related or due to illness.

**Management :**

Change in diet causing reaction some therapies like fructose intolerance therapy, lactose intolerance therapy, lisdamine intolerance therapy can be applied.

**D. Food Myth/ Dieting Myths.****(i) Myth :- Low fat or no fat diet are good.**

Fact :- Body needs fats for energy, tissue repair and to transport vitamin A,D, E,K. Just cut down on saturated fat eating un saturated fats.

**(ii) Myth Crash :- Dieting or Fasting may loose weight.**

Fact :- it may be true in short term but ultimately it hinder weight loss. Loosing over the long term burns off fat whereas crash dieting or fasting not only removes fat but who leans muscles.

**(iii) Myth :- Food eaten late night is more fattening.**

Fact :- it doesn't make much change.

**(iv) Myth :- Low fat milk has less calcium that full fat milk.**

Fact :- Skimmed and semi skimmed actually have more calcium because it is in watery part and not in creamy part of milk.

**(v) Myth :- Vegetarian cannot build muscles.**

Fact :- Vegetarian can built muscles as meat eaters by getting their proteins from vegetables such as cheese nuts pulses. etc.

**(vi) Myth :- Healthy food is expensive.**

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Fact :- Tinned, stored, packed food is expensive, whereas local & seasonal food is inexpensive.

#### **2.4 Effects of Diet on sports Performance :-**

Good diet and nutrition can improve sports performance. Any diet which has all constituents of food, necessary for the maintenance and growth of body in sufficient amount is important for all people busy in simple work or in highly competitive sports.

#### **Sports Nutrition (Fluid & meal in take, pre, during and post competition)**

##### **Eating Diet before exercise :**

1. The meal should be taken atleast three to four hours and snacks atleast one to two hours before exercise, to give us time for digestion.
2. The diet should include starches such as cereal, bread and fruit, to give us a slow, steady release of energy.
3. We should avoid simple sugars because they increase insulin level, which in turn reduces our blood glucose and make us feel tired.
4. To avoid dehydration, include plenty of fluids in the diet.
5. As fat and protein take a longer time to digest, avoid such diets before exercise.

##### **Eating Diet during exercise :**

1. Take small sips of water and other fluids even if you do not feel thirsty.
2. Drinking liquid glucose to save your own limited stores of glycogen.

##### **Eating Diet after exercise:**

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1. Drink lots of water and other fluids to replace any loss or fluid.
  2. The food should be rich in carbohydrate within an hour of exercising even if we do not feel hungry, to restore glycogen stores quickly.

## **2.5 Food Supplement for Children**

A substance designed to make up for a deficiency in one's diet.”

“A food supplement is a preparation that is intended to supply a nutrients that is missing from a diet.”

“ Food supplements or dietary supplement are those things which are added in our natural diet to full fill the directory needs our body which are not fulfilled by natural diet.”

“ Food supplements are the addition of dietary things with natural diet of the person to fulfill the dietary needs of the body which are not full filled by the natural diet”.

### **Why Children Needs of Food Supplement :-**

Some children has some feeding problem, eating disorders, food Allergies, poor selection of foods due to that routine food is not able full fill the dietary requirement of the person. In such a condition in order to fulfill the dietary requirement the person some sort of food supplement is given to the person.

### **Does all the Children require the Food Supplement :-**

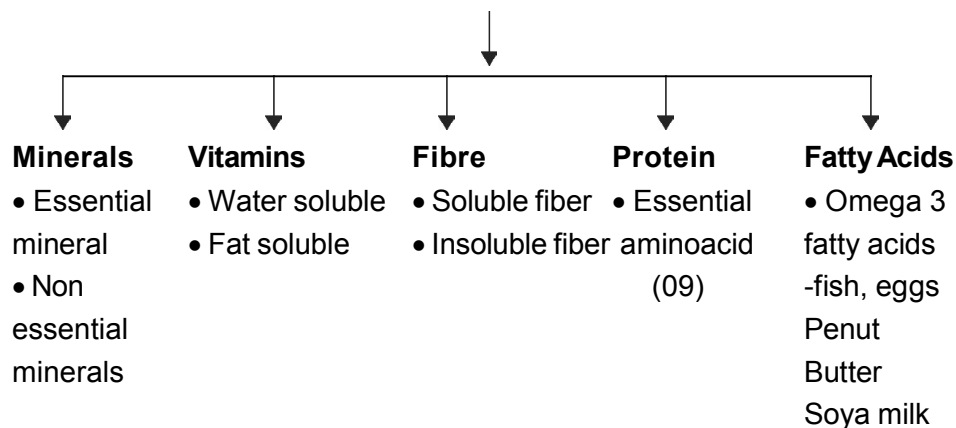
No all the Children is not required the food supplement. If the Children get all the nutrients from the Natural Diet then Children is not required any kind of food Supplement. We should more emphasize on the natural Diet rather than food supplement.

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## **Types of Food Supplement :-**

1. Natural food supplements:- extracted from plants, animal tissue or Inorganic material.
2. Semi Synthetic, food supplement :- extracted from natural sources and then chemically changed.
3. Synthetic food supplements:- are completely artificially produced.

### **Components of Diet Supplement for Children**



### **Precautions or Things to be Remember While using Food Supplement :-**

- Too much eat can be harmful.
- Store it from out of child reach.
- The dose of the supplement should be as prescribed by the dietitian.

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**Very short Answer type Question (1 Mark Each)**

Q.1 Mention the types of carbohydrate?

Ans. Two types simple & complex.

Q.2. List down simple types of carbohydrates?

Ans. Glucose, Galactose, Fructose, Maltose, Sucrose lactose.

Q.3 State complex carbohydrates types ?

Ans. Starch, Glycogen, Dextine, Cellulose are the types of complex carbohydrates.

Q.4 How many amino acids are found in proteins?

Ans. 23 amino acids and 9 are essential for us.

Q.5 State two Non Nutritive components of Diet?

Ans. Fibers or Roughage, coloured compound, flavoured compound, Plant compound.

Q.6 Which type of vitamin B are found in diet?

Ans Vit. B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>, B<sub>5</sub>, B<sub>6</sub>, B<sub>12</sub>, = 6 Vit. B.

Q.7 Mention two diseases which come from deficiency of protein?

Ans. Kwashiorkor & Marasmus.

Q.8 Name the macro minerals which should be part of our diet?

Ans. Calcium, Iron, Sodium, Phosphorus, Iodine, Potassium.

Q.9 List down four myths about dieting?

Ans. (i) Healthy food is expensive.

(ii) Dieting makes you loose weight.

(iii) No fat diet is good.

(iv) Don't take milk immediately after eating fish?

Q.10 What do you understand by food supplement.

Ans. Food supplement or dietary supplement are those things which we add in our Natural diet to full fill the dietary needs of our body which are not fulfilled by natural diet.

Q.11 What are the Natural food supplement?

Ans. These are those eatable things, extracted from plant and animal tissue.



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Q.12 What are the semi synthetic food supplement:

Ans. These are those eatable things extracted from Natural sources and then chemically changed.

Q.13 What are the synthetic food supplement.

Ans. These are those eatable things those are completely artificially produced such as vitamins tablet those are made chemically.

**Short Answer Type Question (80 to 90 words) (3 marks each)**

Q.1 Explain Balanced diet and its function in our body?

Ans. Balanced diet :- Balanced diet is that which is consisted of various constituents of food in accurate and appropriate quantity and quality according to the requirement of individual.

**Functions of Balanced diet :-**

- (i) Sufficient energy is given by balanced diet.
- (ii) it helps individual to grow and develop to optimum level.
- (iii) Proper functioning of organs is done by balanced diet.
- (iv) It helps to repair or replace the worn out tissue.
- (v) Balanced diet improves the defence of body.
- (vi) It helps to improve the overall health status.
- (vii) Balanced diet improves metabolism.
- (viii) it prevents deficiency diseases and maintain body weight thus overall efficiency of individual improves.

Q.2 Mention micronutrients which are important for body?

Ans. Vitamins and minerals are micro nutrients which are needed for our body in small amount but they have their importance for body.

Vitamin A - This vitamins is also known as Retinol, needed for Normal growth & development.

Vitamin D- This is needed for formation of strong bones & teeth.

Vitamin E - It protect the cell membrane.

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Vitamin K - It helps in blood clotting.

Water soluble Vitamin :- Vit. B. - Known as Thiamin. It helps in growth & development.

Vitamin C - It known as Ascorbic Acid. It helps to maintenance of ligaments.

### **Minerals**

**IRon** :- It needs for formation of haemoglobin.

**Calcium** :- It resources for bone and teeth formation.

**Phosphorus** :- It makes strong teeth & bones.

**Sodium** :- It helps nervous system for better neuromuscular responses.

**Iodine** :- Deficiency causes Goitre.

**Fluoride** :- It helps teeth & nails.

**Chloride** :- It helps body to fight against infection.

Q.3 Write importance of protein for our body?

Ans. Proteins are basic structure of all living cells. Proteins are main components of muscles, tendons, ligaments, organs, glands, and all living body fluids like enzymes hormones and blood.

Proteins are needed for growth & development of body. It helps to repair or replace the worn out tissues. It does not provide energy in normal routine whereas it acts as energy source only under extreme starvation. Proteins are required for making blood, muscle, Nails, skin, hair and body parts and repair them and are important in some situation like early development maturation, Pregnancy etc.

Q.4 Write difference between types of carbohydrate simple and complex carbohydrate?

Ans. (i) Simple carbohydrate give quick energy on the other

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- hand complex carbohydrates release slow energy.
- (ii) The types of simple carbohydrates are Glucose, Galactose, Fructose Maltose, Sucrose, Lactose. Complex are starch, Glycogen, Dextrin and Cellulose.
  - (iii) Simple carbohydrates are more sweeter in taste than complex carbohydrates.
  - (iv) Simple Carbohydrate can be absorbed quickly on other side complex carbohydrates takes time.
  - (v) Simple carbohydrates can be dissolved in water but complex carbohydrate not.

Q.5. Mention five pitfalls of dieting

Ans. Following are pitfalls of dieting -

- (a) Disturbed Digestive System
- (b) Acidity Problems
- (c) Gastric Problems
- (d) Muscular Weakness
- (e) Quick Tiredness
- (f) Loose the Straining of Face
- (g) Disturbed Metabolic Rate
- (h) Peptic ulcer
- (i) Chance of heart problem
- (j) Pain in Stomach
- (k) Palpitations
- (l) After dieting when person comes, normal diet his body weight overshoot to his initial body weight from where he started the dieting.

Q.6. How water is useful for us? Explain Briefly?

Ans. Water is a very useful component of our diet because.

Blood plasma comprises 91% of water, water comprises 75%

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of muscular weight & 70% of body weight. It important for secretion of waste producis. It regulators body temperature. Our body loses approximately 2% of our body weight or water per day. We compensate thus loss of water by drinking water and by in take of food substances. It also functions as a lubricant keeps the skin moist and protect the body from shock. 20% of water in take comes from food and remaining intake come from drinking water.

Q.7 How food intolerance is treated? What are Symptoms Explain in brief?

Ans. Food intolerance is treated by medical help where we know the food which causes problem. Food intolerance is more common than food allergy. Food intolerance is a term used widely for varied physiological response associated with a particular food. The individual elements of certain foods that cannot be properly purposed and absorbed by our digestive system.

**Symptoms of Food Intolerance :**

Food intolerance can cause nausea, stomach pain, Diarrhoea, Vomitting, Flatulence Gas, Cramps, heart burn, headache, irritability, nervousness etc.

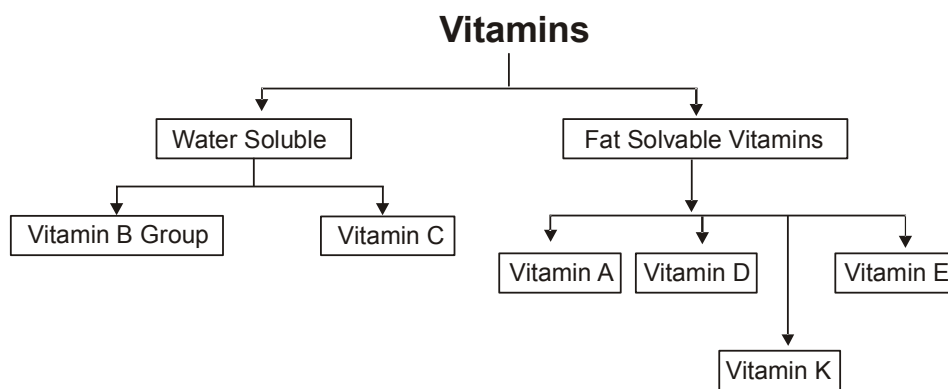
Q.8 Is fat useful or not useful for us explain?

- Ans. (i) Fats are store in body and are used as emergency sources of energy.
- (ii) Fats are important sources of energy for long duration activities and important for proper function of glands and other internal organs.
- (iii) It helps in transpotation of fat soluble Vitamins A,D.E.K.

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- (iv) it help in blood clotting maintenance of skin & hair.  
Our diet should consist of 20%–25% of fat higher in take of fat high risk of obesity and many heart diseases.
  - (v) Fats maintain body temperature and protect it from effect of external temperature.
  - (vi) They make body soft & oily.

Q.9 Explain fat soluble vitamins and their sources and water soluble vitamins and their sources.

Ans.



### Fat Soluble Vitamin

- Vitamin A Vitamin A is found in Cord liver Oils/animal Liver, yolk, Milk, & Milk products, carrot.
- Vitamin D Vitamin is found in milk, fish, and Liver oils
- Vitamin E Vitamin E is found in Green leafy Vegetables, Pulses, eggs, cereals.
- Vitamin K In tomatoes, Potatoes, Spinach, cabbage, soyabean, fish, cauliflower, wheat, eggs, meat.

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### Water Soluble Vitamins

Vitamin B	Vitamin B - Sources include peas, pork Liver, Legumes
B2	-- We can find in eggs, dark green vegetables, legumes, whole and enriched grain produced milk.
B3	-- Fish, meat, peanuts, whole & enriched grain produced milk.
B5	-- Pork, meats whole grains, cereals legumes, green leafy vegetables.
B6	-- Cereals, grains, legumes, vegetables, milk, cheese, eggs, fish liver, meat, flour.
B12	-- Fish, red meat, milk, cheese, eggs.
Vitamin C	Citrus fruits like grapefruits, lemon, oranges, and kiwis, other good sources mango, papaya, pineapple.

Q.10 Some children need of food supplement” why?

Ans. Some children need food supplement due to following reasons.

1. **Poor selection of food** :- Due to poor selection of food all the nutrients. Which are required for the development proper working of human being are not available, so to fulfill the requirement we need food supplement.
2. **Due to eating Disorder & food Allergies** :- Due to eating disorders & food allergies the requirement of nutrients are not fulfilled by the food so there is requirement by the food supplement.
3. **Hard Training** :- In case of hard training. There may be requirement of food supplement.

Q.11 What are the types of food supplement.

Ans.

1. **Natural food supplement** :- extracted from the natural

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sources and animal tissue e.g sprouts of real, flax seed oil.

2. **Semi synthetic** :- extracted from the natural source of then change chemically. e.g. preserved Real Fruit juice, Milk Powder.
3. **Synthetic** :- are completely artificially produced e.g. B complex tablets, Multivitamin tablets.

Q.12 What things to kept in mind while using food supplement.

- Ans.
1. Do not eat too much it may be harmful due to overdose.
  2. Keep store the food supplement from the reach of the child.
  3. Dose of the supplement should be as prescribed by the dietitian.
  4. Food supplement use only when they are required other wise more effort are made to fulfill the demand of nutrients by routine food.

**Long Answer Type Question (150 to 200 Words)  
(5 Marks Each)**

Q.1 What is Balanced Diet? How it is important for individual body?

Ans. Balanced diet in that diet which consisted of various constituents of food in accurate and appropriate in quantity and quality according to the requirement of an individual and helps in growth and development of our body.

**Importance :**

- (i) **Energy Resource** :- It gives sufficient energy to body for various activities.

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- (ii) **For optimum growth & Development** :- It helps individual to grow and to achieve the aim of all round development.
  - (iii) **Proper function of Organs** :- By help of balanced diet every organ functions well and properly.
  - (iv) **Faster Recovery** :- It helps to repair and replace the worn out tissues thus faster recovery.
  - (v) **Strong immune system** :- It make better resistance power to body to make good immune system.
  - (vi) **Improves fitness level** :- It improves over all health states and resulting in fitness of body by preventing diseases.
  - (vii) **Improves Metabolism** :- Quality of metabolizing and thus efficient release of energy.
  - (viii) **Prevents Deficiency Diseases** :- It gives all necessary nutrients to body so deficiency diseases cannot takes place.
  - (ix) **Maintaining body weight** :- It helps individual to maintain proper body weight.
  - (x) **Overall efficiency improves** :- It improves all physiological systems of body then more of efficiency level of individual. In this way balanced diet is useful for as.

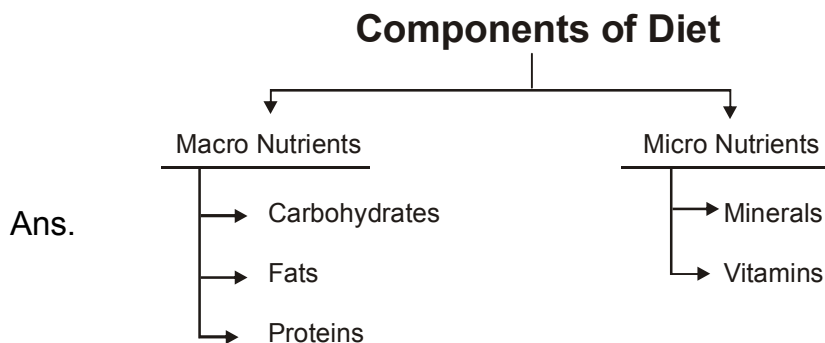
Q.2 What factors can be considered for making balanced diet?

Ans.

- (i) **Age** :- Age plays great role in making diet for like in growing age a child need more protein but old aged people should avoid more proteins and fats but should take more minerals & vitamins
- (ii) **Gender** :- Sex difference causes variation in diet more caloric requirement to male & less for female.
- (iii) **Profession** :- Heavy physical activities work out needs more calories demand & less physical activities work out less calories demand.



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- (iv) **Body weight** :- Obese person need fibrous food more, while slim or lean needs more protein.
  - (v) **Specific Sports Diet** :- Various sports need specific diet like long distance runner need more fat and carbohydrates, contact body games player need more protein, exploding strength player needs more carbohydrates.
  - (vi) **Pregnancy or feeding mother** :- Pregnant mother needs extra diet - carbohydrates, protein, fat, vitamins, minerals specially high protein diet is recommended for a pregnant woman.
  - (vii) **Diet During Health Problems** :- Injured person should take more protein and minerals. Patients should take diet full of mineral & vitamins.
  - (viii) **Climatic Condition** :- The effects the diet like in cold places food should be has oily fried, while in coaster region the food should be more liquid.
  - (ix) **Doctor's Recommendation** :- Diseased or sick person should take according to doctor recommendation example patient ovoid fried food in jaundice.
  - (x) **Eating habits & social Customes** :- They also effect the diet of individual. In some family on the day of festival selected fried food is compulsory for whole family.
- Q.3 Why macro nutrients should be essential part of our diet?



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### **Macro Nutrients :-**

**Carbohydrates** : They are main source of energy for almost all activities. They give quickly energy and less amount of carbohydrate in diet causes under nutrition and weight loss. Excess amount stored in livers and tissues from there they release the energy when in need.

**Proteins** :- Proteins are needed for growth & development of body. It helps and replace the worn out tissues. It does not provide energy under normal routine but give energy under extreme starvation, High intake of proteins creates overload over kidney and livers. Deficiency diseases are kwashiorkor or marasmus.

**Fats** : Fats are emergency sources of energy and stored in body. Fats carry Vitamins, A,D,E,K. They are sources for energy for large activities. In proper functioning of glands and internal organs against the blood clotting, maintains the skin and important of proper functioning of glands and internal organs and it helps on blood clotting, maintains the skin and hair. Our diet should consist of 20%-25% of fat more intake more risk of obesity and many heart diseases so this Nutrients and in highly proportion of diet and should be taken in proper amount according to need.

Q.4. Mention the types and effects of micro nutrients on our body?

Ans. Minerals & Vitamins are the micro nutrients of diet.

Function of Micro nutrients.

- (i) **Calcium** :- It is required for bone and teeth formation, deficiency causes osteoporosis, Rickets and retarded growth.
- (ii) **Iron** :- it is required for formation of haemoglobin, deficiency

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- leads to anemia.
- (iii) **Phosphorus** :- It helps in making strong bones and teeth.
  - (iv) **Sodium** :- It helps nervous system for better response, deficiency causes cramps and tiredness.
  - (v) **Iodine** :- It helps in proper growth & development of body, deficiency leads to goitre.
  - (vi) **Fluoride** :- It helps teeth and nails.
  - (vii) **Chloride** :- It helps body to fight against infection, proper functions of nervous system.

### **Vitamins :**

- Vitamin A - helps in normal growth & development of eyes and skin.
- Vitamin D - Important for formation of strong bones & teeth.
- Vitamin E - It protects the cell membrane and acts as antioxidant.
- Vitamin K - helps in Blood clotting and heals wounds.
- Vitamin B - for growth & development.
- Vitamin B<sub>2</sub> - helps in growth of RBC.
- Vitamin B<sub>3</sub> - Play important role in energy transfer, reactions in the metabolism of glucose, fat & alcohol.
- Vitamin B<sub>5</sub> - In involved in oxidation of fatty acids & carbohydrates.
- Vitamin B<sub>6</sub> - It helps in metabolism of amino acids.
- Vitamin B7 - it play key role in metabolism of lipids, proteins and carbohydrates.
- Vitamin B9 - Folic Acids Needed for normal cell division especially during pregnancy and infancy.
- Vitamin B12 - It involved in cellular metabolism of carbohydrates proteins and lipids and helps in production RBC in bone

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marrow.

Vitamin C - helps in healing wounds it helps formation of growth & repair of bones, skin & connective tissues. It makes healthy teeth & gums.

Q.5. What is the effect of Diet on performance of sports persons?

Ans. Diet plays important role in sports performance. The following table will be followed for various activities.

Sports Activities	Diet before Competition	Diet During Competition	Diet After Competition
Endurance Activities - Like Players of marathon, Basketball, Football, Hockey, Cyclist	More amount of complex carbohydrate	Simple carbohydrate with more water	more complex Carbohydrates more vitamins & minerals, low fats more water
Skill Activities - Speed Activities, middle distance races, Kho-Kho, water polo, Skating swimming	More carbohydrates simple and complex	Simple Carbohydrates in Liquid	more complex Carbohydrates more Vitamins & minerals more proteins
Explosive Activities - Body contact Activities, Wrestling, Kabaddi, Judo, Jump, Throw	more carbohydrates both - simple and complex	more Carbohydrates in Liquid	more Carbohydrates complex more proteins more vitamins & minerals

Q.6. State four Myths of Dieting ?

Ans. Myth : Low fat or no fat diet are good for you.

Fact : This is not true cutting down saturated fat and eating unsaturated fat is good body needs fat for energy, tissue repair and transport Vitamins A,D,E,K.

(ii) Myth : Fasting Makes you loose weight.

Fact : True for short period by hinder weight loss. In long

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term it leans muscular tissues so exercise is recommended for weight loss.

(iii) Don't drink water while taking food. It digest food it don't hamper metabolism so it is not true.

(iv) Myth milk should not be taken immediately after fish.  
Fact : it is not true it will not give any allergy or irritation scientist don't think so.

(v) Myth - Eat less nuts they are too fattening  
Fact : It is true that nuts contain a lot of fat but it is mostly the food kind. Recent research suggested that eating nuts as part of a healthy diet may even help you loose weight.

Q.7 In the market many kinds of food supplement are available for various kinds of nutrient. So explain the various components of food supplement which are available in the market.

Ans. 1. **Minerals :-**

**Essential minerals :-** Calcium, chloride, chromium cooper, Iodine, Iron, Magnesium, Magnese, phosphorus sodium, potassium, zinc.

**Non Essential Minerals :-** Fluoride Germanium, Lithium Nickel, silicon, sulfur food supplement of mineral full fill the requirement of essential mineral.

2. **Vitamins :-**

**Water soluble vitamin :-** Vitamin B1, B2, B3, B5, B6, B7, B9, B12 and vitamin C ascorbic acid

**Fat soluble vitamin :-** Vitamin A, Vitamin D, Vitamin E or Vitamin K are fat boluble vitamin. Food supplement of vitamin fullfil the need by water soluble as well as fat soluble vitamin.

3. **Fibre :-**

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**Soluble Fiber** :- Barley, oats.

**Insoluble** :- Whole grains, ready to eat cereal, wheat bran, legumes, nuts seeds, fruits, non starchy vegetable.

Food supplement of fibers full fill the need of both types of fibre.

4. **Protein** :- Amino acids can form protien in human body 21 Amino are used to made protein in human body out of them 9 are esscutial which should we get from our foods so food supplement of protein recover all the deficency of these essential protein.
5. **Fatty acid** :- Omega 3 fathy acid is good for cerdiovarcular working of an individual. It lower down triglyceride level in blood. Some supplement are available to fulfill the requirement of omega 3 fattcy acid.

### **Very Short Question Answer**

- Q.1. When we can say the diet is Balance?
- Q.2. What are the Nutritive components of Balance Dirt?
- Q.3. Some components of diets are required in the large quantity such components of diet are known as?
- Q.4. What do you understand by then iterative components of diet.
- Q.5. What do understand by healthy weight.
- Q.6. In society there are misconception about some dietary components/diet explain any two.
- Q.7. During the competition what type of food should be provided.
- Q.8. Explain the Term food Intolerance with the help of examples.
- Q.9. What do you understand by the food supplement.

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- Q.10. What do you mean by Natural food supplement give two example.
- Q.11. What do you understand by semi synthetic food supplement? Give two examples.
- Q.12. Does the need of food supplements for every child? Explain with reason.

### **Short Question Answer**

- Q.1. Differentiate between Macro and Micro Nutrients.
- Q.2. Differentiate between nutritive and non nutritive components of diet.
- Q.3. How food myths & food intolerance are differ from each other.
- Q.4. Food supplements are differ from the normal diet how?
- Q.5. When we should need of food supplement.
- Q.6. Write down the components and their quantity for Balance diet.

### **Value Based Questions**

- Q.1. Pawan is a student of XIth class His height is 168 cm & weight is 75 kg. But last year his weight was 98 kg. Due to over weight, his school mates teased him. School's physical education teacher Mr. Manoj motivated & inspired him to do regular physical exercises and to take a balanced diet. Regular physical exercise helped Pawan not only to reduce his weight but also to become a good middle distance runner & thrower. Now he is school's sports captain & participates in different competitions and no one teases him.

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**Answer the following question**

- Q.1. During the training session what values are shown by pawan?
- Q.2. Write down the problems related to over weight?
- Q.3. Elucidate the qualities of Mr. Manoj was shown.

**Long Question Answers**

- Q.1. How in take of food pre completion and post competition can effect the performance of an Athlete.
- Q.2. Write down the various components of the food supplement.
- Q.3. How we can control the healthy weight through the eating also mention the pitfall of dieting.