

## Thu – Science

Q1. Write any 2 food items you eat in breakfast, lunch & dinner. Name the nutrients present in them.

Q2. One day you visited your friend & found that his gums are swollen & bleeding. Which special diet would you recommend him to recover from it & why.

Q3. Match the following:-

- |                 |              |
|-----------------|--------------|
| a. Goiter       | i. Starch    |
| b. Fats         | ii. Iodine   |
| c. Carbohydrate | iii. Obesity |