**WORKSHEET**

1. What are Carbohydrates?
2. Critically explain the use of dietary supplements in heavy dose for longer duration. Justify your answer with two suitable examples.
3. What are carbohydrates?
4. What do you mean by healthy weight?
5. Define food supplements.
6. Enlist the forms of Vitamin B and explain any one in brief.
7. In sports such as Boxing & Wrestling, the players tend to lose weight sharply. Explain pitfall of dieting?
8. Write a short note on vitamin.
9. What is role of diet in sports performance?
10. What is the role of various elements of diet on the performance of an athlete?