



## SNS COLLEGE OF NURSING



COIMBATORE – 35

### UNIT – IV (BALANCED DIET)

#### I. ESSAY

15 X 1 = 15

1. Define Food Pyramid. And explain the elements in Food Pyramid.

#### II. WRITE SHORT NOTES.

5 X 2 = 10

1. Prevention of food adulteration Act
2. Write about Recommended dietary allowance

#### III. WRITE SHORT ANSWERS

2 X 5 = 10

1. Define balanced diet
2. Expand RDA, PFA
3. List out the sources of Calcium
4. List out the sources of Protein
5. Enumerate the importance of vitamin K