

INDIAN SCHOOL AL WADI AL KABIR

Class 12 – Physical Education

UNIT 5- SPORTS AND NUTRITION

Date: _____

Worksheet 1

Section A: Multiple Choice Questions (1 Mark Each)

1. Which of the following is a macronutrient?
 - a) Iron
 - b) Calcium
 - c) Protein
 - d) Vitamin C
2. A balanced diet includes:
 - a) Only carbohydrates
 - b) Only proteins
 - c) All essential nutrients in proper proportion
 - d) Only fats and water
3. Which of these is a non-nutritive component of diet?
 - a) Minerals
 - b) Vitamins
 - c) Roughage
 - d) Fats
4. Which vitamin helps in the absorption of calcium?
 - a) Vitamin A
 - b) Vitamin C
 - c) Vitamin D
 - d) Vitamin K

Section B: Very Short Answer (2 Marks Each)

5. Define a balanced diet.
6. Name any two sources of carbohydrates.
7. What are micronutrients? Give one example.
8. Name one nutritive and one non-nutritive component of diet.

Section C: Short Answer (3 Marks Each)

9. Differentiate between macronutrients and micronutrients.
10. Write any three functions of proteins in the body.
11. What is the importance of roughage in a diet?
12. Explain the role of water as a nutrient.

Section D: Case Studies (4 Marks Each)

13. Riya is an athlete who often feels tired during her training. Her diet mostly consists of junk food and lacks fruits and vegetables. Identify the nutritional deficiencies she might be facing and suggest changes to improve her performance.
 14. A school organized a nutrition awareness campaign where students were taught about healthy eating. Describe two benefits of such programs and how they can influence student lifestyle choices.
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Section E: Long Answer (5 Marks Each)

15. Define nutrition. Discuss the major components of a balanced diet and their importance for a sportsperson.
 16. Explain the difference between nutritive and non-nutritive components of diet with suitable examples. Also mention how both contribute to overall health.
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