



D.A.V. PUBLIC SCHOOL, CRRC, Medical Road, Gaya
Sunday Test (Date –08-12-2024)

Class –XII
Sub. –Physical Education

Time: 40 Min
F.M.- 20

Section - A (2 × 5 = 10 Marks)

1. Answer the questions in short-

- a) What do you mean by balance diet?
- b) Differentiate between macro – nutrients and micro nutrients?
- c) What do you mean by food intolerance?
- d) Discuss the importance of fluid intake during competition?
- e) What is roughage?

Section - B (5 × 2 = 10 Marks)

2. Answer the following questions in detail-

- a) Explain non-nutritive components of diet.
- b) What do you mean by food myths? Briefly explain about four myths.
