FAQs:

1. Define Adulteration.

Ans: Adulteration is defined as the process by which the quality or the nature of a given substance is reduced through the addition of a foreign or an inferior substance and the removal of a vital element**.** Adulterants are those substances which are used for making the food products unsafe for human consumption.

2. What is Protein Energy Malnutrition?

Ans: Protein Energy Malnutrition (PEM). PEM is often associated with micronutrient deficiency. Two forms of PEM are kwashiorkor and marasmus, and they commonly co-exist.

3. Give the Recommended Dietary Allowances (RDA) for proteins?

Ans: The Recommended Dietary Allowance of protein is 1 gram per body weight.

4. What is a balanced diet?

Ans: The diet which contains all the essential nutrients in the right proportion is called a balanced diet.

5. What are the components of a balanced diet?

Ans: The components of a balanced diet are: carbohydrates, proteins, fats, vitamins, minerals, water and roughage.

6. The diets consumed by majority of population in India are imbalanced and are deficient in protein, certain vitamins and minerals. Give reason for this?

Ans: the reason for the above statement is due to the following: high cost of protein rich and protective foods, low purchasing power of the people, illiteracy and lack of nutrition knowledge.

7. Why do we need a balanced diet?

Ans: We need balanced diet because in a balanced diet the food components provides the adequate quantities of tissue building, energy yielding and protective foods during the periods of growth.