

You are What You Eat

- (1) Give three similarities and three differences between **bread and roti**.
- (2) Give three similarities and three differences between **Mirinda and Cold Cocoa**.
- (3) Give three similarities and three differences between **puri and roti**.

Amrita ate the following lunch last Thursday:

**2 bread and jam sandwiches
1 packet of chips**

**1 cold drink
1 large chocolate**

Answer each of the following questions with a yes or no.

- (4) Did Amrita's lunch contain enough:
 - (a) starches and carbohydrates? _____
 - (b) protein? _____
 - (c) fats and oils? _____
 - (d) sugars? _____
 - (e) fruits? _____
 - (f) vegetables? _____
 - (g) quick energy foods? _____
 - (h) body building foods? _____
- (5) Did three of the things Amrita had for lunch contain a lot of:
 - (a) protein? _____
 - (b) fats and oils? _____
 - (c) sugar? _____
- (6) Which of the following could Amrita have added to her lunch to make it more healthy:
 - (a) An apple? _____
 - (b) Butter as well as jam in the sandwiches? _____
 - (c) Noodles? _____
 - (d) An egg? _____
 - (e) Dal and roti? _____
 - (f) Palak paneer? _____
 - (g) Cake? _____
- (7) If Amrita eats meals like this everyday, will she:
 - (a) be likely to get sick because she's not getting enough vitamins? _____
 - (b) get very thin? _____
 - (c) get fat because she's not getting enough protein? _____
 - (d) get very fat because she's getting too much fat? _____
 - (e) get very fat because she's not getting enough vitamins? _____
 - (f) get very fat because she's getting too many vitamins? _____
 - (g) not grow very tall because she's not getting enough protein? _____
 - (h) not grow very tall because she's not getting enough fat? _____

