

Class X - Health and Physical Education

Dietary Considerations and Food Quality

# CBSE NOTES

## Dietary Considerations and Food Quality - Challenge Worksheet

*Strengthen your foundation with key concepts and basic applications.*



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Solve the following questions. Write your answers in the space provided.

## 1. Evaluate the role of dietary planning in achieving optimal health and fitness, considering various life stages and physiological conditions.

**Hint:** Consider how dietary needs change from infancy to old age and the impact of not meeting these needs.

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## 2. Analyze the impact of food adulteration on public health and suggest measures to combat it.

**Hint:** Think about the long-term health effects and the role of government and consumers in preventing adulteration.

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# Challenge Questions

Solve the following questions. Write your answers in the space provided.

**3. Discuss the importance of carbohydrates, proteins, and fats in the diet of sportspersons, providing examples of suitable food sources.**

**Hint:** Consider the timing and proportion of these nutrients in a sportsperson's diet.

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**4. Compare and contrast the dietary needs of a sedentary office worker and a construction laborer, highlighting the factors influencing their meal planning.**

**Hint:** Reflect on how physical activity levels directly influence nutritional requirements.

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Solve the following questions. Write your answers in the space provided.

## 5. Examine the effects of pesticides on food quality and human health, suggesting alternatives to chemical pesticides.

**Hint:** Consider the balance between agricultural productivity and health safety.

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## 6. Critically assess the role of media and advertisements in shaping food preferences among adolescents.

**Hint:** Think about the power of advertising in shaping dietary habits and the potential for positive influence.

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Solve the following questions. Write your answers in the space provided.

## 7. Describe the principles of food preservation and their significance in maintaining food quality and safety.

**Hint:** Consider various preservation methods and their suitability for different types of food.

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## 8. Investigate the challenges in ensuring food quality from farm to table and propose solutions to overcome these challenges.

**Hint:** Reflect on the entire food supply chain and potential points of failure.

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Solve the following questions. Write your answers in the space provided.

## 9. Debate the ethical implications of food fortification versus natural dietary intake for addressing malnutrition.

**Hint:** Consider the pros and cons of artificial versus natural nutrient sources.

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## 10. Design a balanced meal plan for a family including a child, a pregnant woman, and an elderly person, justifying your choices based on their nutritional needs.

**Hint:** Think about the diverse nutritional needs within a family and how to accommodate them in a single meal plan.

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Check your answers with the solutions below.

## 1. Evaluate the role of dietary planning in achieving optimal health and fitness, considering various life stages and physiological conditions.

**Solution:** Dietary planning is crucial for meeting the nutritional needs that vary with age, gender, physical activity, and physiological states. For example, adolescents require more nutrients due to rapid growth, while pregnant women need additional calories and proteins. Counterpoints include the challenge of adhering to dietary plans due to personal preferences and economic constraints.

## 2. Analyze the impact of food adulteration on public health and suggest measures to combat it.

**Solution:** Food adulteration can lead to serious health issues like poisoning, malnutrition, and chronic diseases. Measures include strict enforcement of food safety laws, public awareness campaigns, and promoting the use of certified food products. Counterpoints involve the difficulty in detecting sophisticated adulteration techniques.

## 3. Discuss the importance of carbohydrates, proteins, and fats in the diet of sportspersons, providing examples of suitable food sources.

**Solution:** Carbohydrates provide energy, proteins aid in muscle repair, and fats are essential for long-duration events. Examples include bananas for carbs, eggs for proteins, and nuts for fats. Counterpoints include the risk of excessive intake leading to weight gain or digestive issues.

## 4. Compare and contrast the dietary needs of a sedentary office worker and a construction laborer, highlighting the factors influencing their meal planning.

**Solution:** The office worker needs fewer calories and more fiber to prevent lifestyle diseases, while the laborer requires high-energy foods for physical work. Factors include activity level, economic status, and access to food. Counterpoints involve personal taste preferences affecting dietary choices.



Check your answers with the solutions below.

### 5. Examine the effects of pesticides on food quality and human health, suggesting alternatives to chemical pesticides.

**Solution:** Pesticides can leave harmful residues, causing acute and chronic health issues. Alternatives include bio-pesticides and organic farming. Counterpoints include the higher cost and lower yield of organic produce.

### 6. Critically assess the role of media and advertisements in shaping food preferences among adolescents.

**Solution:** Media often promotes unhealthy, processed foods, influencing adolescents' choices towards poor nutrition. Educational campaigns can counter this by highlighting healthy options. Counterpoints include the effectiveness of regulations on misleading advertisements.

### 7. Describe the principles of food preservation and their significance in maintaining food quality and safety.

**Solution:** Principles include reducing moisture, controlling temperature, and using preservatives to prevent spoilage. Significance lies in extending shelf life and preventing foodborne illnesses. Counterpoints include the potential health risks of chemical preservatives.

### 8. Investigate the challenges in ensuring food quality from farm to table and propose solutions to overcome these challenges.

**Solution:** Challenges include contamination during production, transportation, and storage. Solutions involve strict quality control, proper packaging, and cold chain logistics. Counterpoints include the cost implications for small-scale producers.



Check your answers with the solutions below.

## 9. Debate the ethical implications of food fortification versus natural dietary intake for addressing malnutrition.

**Solution:** Fortification can quickly address deficiencies but may overlook the importance of a balanced diet. Natural intake promotes holistic nutrition but may not be sufficient in deficient populations. Counterpoints include the accessibility and affordability of fortified foods.

## 10. Design a balanced meal plan for a family including a child, a pregnant woman, and an elderly person, justifying your choices based on their nutritional needs.

**Solution:** The child needs growth-promoting foods, the pregnant woman requires extra iron and folic acid, and the elderly needs easily digestible, nutrient-dense foods. Justifications include the specific life stage requirements and preferences. Counterpoints involve budget and time constraints in meal preparation.



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