

proportions is called a balanced diet. A list of food items (though not ideal) as a general guide would be practical and easy to follow. It would also provide information as to which of the different foodstuffs can be substituted for one that may be temporarily unavailable.

Eating habits have changed with the times. The changes are faster now. The latest trend is 'fast food' for a fast life. Human diet is not restricted to any special category of food. Whereas most animals stick to a routine menu, man can and does eat a variety of food, of both plant and animal origin. Variety is, for mankind, the spice of life; and it is more so in food than in anything else. This natural desire for variety is justified by the fact that no single food provides us with all the nutrients that we need.

Cereals, like rice or wheat which form the staple food of mankind, supply us

only with a fraction of our nutritional requirements. We have to supplement cereals with other food that provide plenty of fats and proteins and minor quantities of a number of vitamins and minerals. This means that the larger our diet sheet, the better our health will be.

The nutrients found in foodstuffs may be broadly classified as—carbohydrates, fats, proteins, minerals, vitamins and water. Carbohydrates include every kind of starch and sugar. Fat is a concentrated source of energy for us. Proteins are the chief substance of the cells of the body. They form important constituents of muscles and other tissues and vital fluids like blood. Proteins, fats and carbohydrates are called macro-nutrients.

(c) What is paraphrasing? How does it improve one's reading skill? 2+3=5