

National Institute of Open Schooling
Secondary Course – Home Science
Lesson 2: Food and its Nutrients
Worksheet-2

1. What would happen if everyone ate raw food only?
2. Find out what kind of food the body needs to fight diseases like the Corona virus?
3. Find out what happens to the food in your body after you eat it- talk to parents, read books, search the Internet. Make a labelled diagram. .
4. The following are kept on a table - wheat flour, dal, ghee, tomatoes, potatoes, spinach, cauliflower, jaggery (gur), milk, salt, eggs, butter, rice, lemon, chillies, green coriander, cooking oil, bread, curd, onions, sprouted dal and groundnuts. Pick any five ingredients to prepare a balanced breakfast for your family.
5. Create a crossword puzzle with the answers to the following questions-
 - i. Nutrient that provides maximum amount of energy _____
 - ii. Nutrient found in eggs in abundance _____
 - iii. Major source of energy in our diet _____
 - iv. Good source of carbohydrates _____
 - v. Needed for strong bones and healthy teeth _____
6. Many school children are becoming obese. Identify two reasons for this.
7. Our elders tell us to drink at least 8-10 glasses of water everyday. Give reasons why?
8. Do you agree or disagree with the following? Give a reason for your answer.
 - i. Eating fiber makes you fat.
 - ii. Apples must be peeled before eating.
 - iii. Calcium improves taste of food.
 - iv. Exposure to sunlight is necessary for good eye sight.
 - v. Vitamin C is harmful for our body.
9. Write the major nutrients found in the food you ate for lunch yesterday. Identify the missing nutrients, if any.
10. Find out the total quantity of oil and ghee consumed by your family in a month. Calculate the amount per day; then divide this by the number of family members to find out the daily consumption of oil and ghee. Assess whether you need to increase or decrease the daily consumption.