

**National Institute of Open Schooling**  
**Senior Secondary Course: Home Science**  
**Lesson 4: Food, Nutrition and Health**  
**Worksheet- 4**

1. Explain with examples, what importance food has in your life.
2. If carbohydrates are completely removed from a person's food, what will be the impact?
3. Your sister wants to train as a professional wrestler. What kind of diet will you give her? Why?
4. Maintain a weekly record of how many glasses of water do you drink every day. Make a graph of the readings. Analyse whether your water intake is normal or not. What corrective action will you take?
5. What will happen if a teacher and a construction labourer exchange their diets?
6. A woman is given special diet during pregnancy and lactation. Why? How is it different?
7. Find out why at least one green leafy vegetable is a part of our traditional Indian thali?
8. Why does the government need to take steps to prevent nutritional disorders? Find the names of any two such programmes.
9. Some people believe that a non-vegetarian diet is healthier. Do you agree?
10. 'Fats are bad for our health'. Write two arguments for and against this statement.