

National Institute of Open Schooling
Senior Secondary Course: Home Science
Lesson 6: Nutritional Status
Worksheet- 6

1. Identify two reasons for teenagers to be either very fat or very thin; what health problems could it lead to?
2. What will be the consequence if your younger sister is allowed to eat chocolates all day long?
3. Children living in slums are generally malnourished. What do you think could be the reason for this? What advice will you give them?
4. Find out the height and weight references for children in India and in two other countries of your choice. Comment on the differences and similarities.
5. Locate and visit the nearest Anganwadi where you live. Write a note on the services offered by the Anganwadi.
6. Do you think the mid-day meal programme is effective? Justify your answer.
7. The government has many nutritional deficiency control programmes. Find out and write a note on any two such programmes in the area where you live. Give details such as who and how many are the beneficiaries, details of the programme, etc.
8. Why do you think the government made it compulsory for people in India to use of iodised salt? Has it helped the people?
9. Why is it necessary for the government to run national nutrition programmes? What would happen if there were no such programmes?
10. What will be the impact on the country if young girls and women are not treated for anemia?