

National Institute of Open Schooling
Secondary Course – Home Science
Lesson 3: Food Groups
Worksheet-3

1. What will happen if a family does not cook food and always orders food from outside?
2. Give examples to show the social and psychological importance of food in your life.
3. What will happen if even one nutrient is removed from a person's diet?
4. In your opinion, is it healthier to take animal protein or plant proteins? Why?
5. Find out the areas in India where bajra, ragi, rice and wheat are grown and eaten. Do all these people get the same kind of nutrients?
6. Find out which foods are placed at the base of the food pyramid. How many of these do you eat?
7. During the Covid pandemic lockdown, people have limited money for food. What suggestions can you give to plan low cost nutritious meals?
8. If you have to cook for the family at the end of a work day, how will you satisfy the nutritional needs of your grandmother, teenaged sister, brother and your two-year-old child?
9. Do you think fats and sugar are bad for the body? If yes, should they be removed from our food? Justify your answer.
10. Your friend always buys imported fruits. Do you think it is a wise decision? Why?