

National Institute of Open Schooling
Senior Secondary -Biology
Lesson 28: Nutrition and Health
Worksheet -28

1. Elucidate why “food is the basic necessity of life”. State four important functions of food.
2. Write difference between types of carbohydrate that we consume in our food.
3. Is fat useful or not useful for us and for our body, explain?
4. Write importance of protein in our body?
5. Write symptoms of Beri-beri disease. What kind of food should include in diet to treat this disease?
6. List the vitamins and their source as well as daily requirements in the body, deficiency and symptoms of disease in children?
7. Suggest suitable micronutrient in food for Goitre patients. Mention the role of minerals in normal growth of our body?
8. “Balanced diet meets the nutritional requirement of the body”. Justify the statement.
9. Give reasons why do children of 1-5 years develop Protein Energy Malnutrition (PEM)?
10. Differentiate between
 - a) Marasmus and Kwashiorkar
 - b) Rickets and Osteomalacia