

National Institute of Open Schooling
Secondary Course: Home Science
Lesson 17: Life Begins
Worksheet - 17

1. What are the things a pregnant woman should take care of during this lockdown?
2. What role can a husband or other members of the family play during a woman's pregnancy? Elaborate on their responsibilities with example.
3. Soniya is a working mother and she doesn't have time to breastfeed her baby. What suggestion would you like to give her?
4. "Good nutrition is not the only need for a pregnant and lactating mother". Justify the statement.
5. Family Planning assures better quality of life that we are giving to our children. Do you agree with this statement? Support your answer with a reason.
6. Highlight your views on Teenage Pregnancy. What could be the possible reasons for its rise according to you?
7. Sagar and Mohini are a newly married couple. Mohini has an unplanned pregnancy. They both are quite young and are not ready to take the responsibility of a child as they are still focussing on their careers. What advice would you like to give them ?
8. These days we get formula milk fortified with nutrients suitable for the baby. Do you think they can replace Breastfeeding?
9. "Hum Do, Humare Do is familiar slogan of India's family planning campaign. Why do you think there is a need of a Family Planning campaign in India?
10. Give reason
 - i. The sex of the child is not determined by the mother
 - ii. Postnatal care of the new born baby and the mother are very important