

WORKSHEET ON HOMESCIENCE

SUBJECT: HOMESCIENCE

CLASS : XI

CHAPTER: 10: A. Nutrition, Health and Hygiene

DATE: 14TH JULY

Q. 1. What are the various dimension of the health?

Q.2. What are three levels in which health care services are delivered?

Q.3. What are the indicators of the health?

Q.4. What is malnutrition?

Q.5. Indicate the factors affecting nutritional well being.

Q.6. "Nutrition affects productivity, income and quality of life". Write your opinion about this statement.

Q.7. How is nutrition linked to mental and visual disability and quality of life?

Q.8. Identify the poor hygiene practices related to (a) food hygiene (b) personal hygiene.