

**National Institute of Open Schooling**  
**Secondary Course: Home Science**  
**Lesson 7: Health**  
**Worksheet – 7**

1. How do you identify a healthy person?
2. If someone in the family is unwell, how does it impact the rest of the family?
3. Jaya was confused as her friend looked physically fit but often felt unwell and uneasy. What do you think could be the reason for that?
4. What practices/ habits have you adopted to stay healthy during COVID 19 pandemic?
5. Have you been given any immunization or vaccinations? Name them. Also mention the age at which they were last given to you.
6. If each one of us adopts different practices to keep our environment clean, we will have a cleaner and a greener world. What are the different practices adopted by you and your family to keep environment clean and green?
7. Name any five dishes which have all the nutrients i.e. carbohydrates, proteins, fats, vitamins, minerals and fiber, in them. Specify the ingredients used for these dishes and the nutrients provided by them.
8. Which do you think is more important- personal hygiene or domestic hygiene, or both?
9. If you were made the health minister for a day, what steps will you take to improve public health?
10. Can you find 5 healthy food items in it? Mark them.

C	B	O	A	B	O	E	E	R	C	I	S	H	A
H	U	R	I	C	E	E	P	C	L	A	A	Y	B
O	R	P	S	S	C	E	T	O	O	M	S	G	A
C	G	L	C	A	E	B	C	E	Y	D	L	E	T
O	E	B	N	A	K	C	L	D	N	B	T	I	C
L	R	S	H	L	O	C	N	O	P	O	U	A	O
A	C	C	I	R	E	A	M	L	O	C	O	P	T
T	H	M	B	B	C	L	C	T	S	A	A	R	C
E	I	B	G	C	A	S	L	I	L	N	N	N	C
S	P	T	A	N	I	A	B	B	E	N	N	S	C
L	S	P	A	N	A	C	L	E	R	O	L	K	U
A	B	O	A	A	A	K	R	C	R	E	S	M	A
A	E	N	L	C	E	N	O	D	N	C	C	G	B
C	O	U	U	L	P	T	A	C	A	K	E	C	B