

**National Institute of Open Schooling**  
**Senior Secondary Course: Home Science**  
**Lesson 5: Meal Planning**  
**Worksheet- 5**

1. For a week, write all that you eat in the following table-

<b>Meal</b>	<b>Food eaten</b>	<b>Nutrients</b>
Breakfast	1. 2. 3.	
Lunch	1. 2. 3.	
Dinner	1. 2. 3.	
Snacks	1. 2. 3.	

Now, on the basis of the information, find out which nutrients are being consumed more or less than required by the body. How will you balance your meals in future?

2. Talk to your mother to find out what all she considers while planning the meals for the family. Write how you can help her in planning meals.
3. Describe four ways in which people could have saved money spent on food during the Covid pandemic.
4. Like all children, your sister loves to eat pizza but resists because she has heard it is not healthy. Can you make a healthy, nutritious pizza for her? Write four ways.
5. Find out or write from your experience, what a baby is given at the age of one month, six months and one year. Is there a difference? Why?
6. 'Every sick person must be given a liquid diet'. Do you agree? Why?
7. Find out what diet is given to patient suffering from Covid infection? How is it different from a normal diet?
8. What modifications will you make in the family meal to cater to the nutritional needs of your mother who has hypertension, your grandmother who has constipation and your teenaged sister?
9. Find out and make a diagram to show what happens to food after it enters your body. For visually impaired learners- Write in steps the process of what happens to food after it enters your body.
10. Write examples of four foods each that you associate with happiness, anxiety or stress, illness, and festivals.