

WORKSHEET ON HOMESCIENCE

SUBJECT: HOMESCIENCE

CLASS : XII

CHAPTER : 2 : NUTRITION FOOD SCIENCE AND TECHNOLOGY

Q.1. Explain the term Nutrition

Q.2. Define: a) Nutraceuticals

b) Medical Foods

c) Phytochemicals

Q.3. What are the objectives of Diet Therapy ?

Q.4. What are the various activities taken under Nutritional Care during illness?

Q.5. How study of clinical Nutrition and Dietetics help the professional ?

Q.6 What are the various steps involved in Nutritional Assessment ?

Q.7. Explain the types of Diets.

Q.8. To become a professional clinical nutritionist what knowledge, skills and qualification one should have ?

Q.9. What are the Career Avenues ?

Q.10. What is the importance of good nutrition? How does illness/disease affect nutritional status of a person?

Q.11 What is the significance of the study of clinical nutrition and dietetics?

Q.12. What are the types of dietary modifications that a medical nutrition therapist may make in case of hypertension and diabetes patient?