

# HOME SCIENCE ASSIGNMENT

## CLASS XII

### Understanding Adolescents (Part 1)

- (1) Define Adolescence
- (2) What is the duration of adolescent growth?
- (3) What is Menarche ?
- (4) What is Spermatarche?
- (5) List one important ill effect that an adolescent will have if the diet is not adequate .
- (6) Different B/W 'Early Matures' & Late Matures.
- (7) What is 'Growth Spurt'?
- (8) Give a brief account of the primary and secondary sexual characteristics among boys & girls.
- (9) What challenges an early matures encounters?
- (10) Should sex education be provided to adolescents? If yes , suggest ways.
- (11) Who is called 'Early Maturer'? What is the psychological impact of early maturing on girls?
- (12) How late maturing affects the boys?
- (13) Differentiate B/W 'Early Adolescence ' & Late Adolescence'.
- (14) What type of changes occur during early adolescence?
- (15) What are the stages of adolescence told by 'Hurlock'?
- (16) Write 2 ways how the curiosity of adolescents regarding sex can be satisfied.

### Nutrition for Self & Family:

- (1) Draw the chart of 'Recommendation of 'ICMR' and write the nutrient requirement for each age group.

### Food Groups:

- (1) What are 'food groups '?
- (2) Why roots & tubers are placed in a separated group?
- (3) What should we use flour with bran?
- (4) Name the nutrient we get from sugar food group.

- (5) Define 'Minimum Requirement' and 'Recommended Dietary Allowances (RDA)'.
- (6) In how many groups food stuffs are divided by ICMR?
- (7) Give an example of advertise effect of media on selection of food?
- (8) How do peer groups affect the selection of food?
- (9) Meal planning without help of food groups is very ambersome and time consuming. How?
- (10) Myths are without any basics . Justify this with examples .
- (11) Which 4 factors affects selection of food ? Explain.

### **Meal Planning :**

- (1) Meal planning is influenced by season & occasion . Support this statement. Support this stamen with 2 examples each.
- (2) Meal planning is influenced by age & occupation. Give 2 examples.
- (3) Elaborate two cultural feeling of a family which influences the meal planning. (4) Give four reasons for planning meals for family ?
- (5) Explain with examples ' The Principles of Meal Planning '.
- (6) Plan a balance Lunch for labourers. List 4 other factors you consider during planning this lunch?

### **Planning Meal for Infant:**

- (1) Mention the nutritional requirement of an Infant.
- (2) Mentions the points which needs to be considered which needs to be considered while introducing supplementary food to infants:

### **Meal Planning**

- (1) A teenager is having Patotao cutlels & milk for her breakfast. Suggest 3 modifications in her meal reasons.
- (2) A students has got plain paratha & pickle in her tiffin . Suggest 3 modification in her meal with reasons.

- (3) For a family , Aloo -Vari , Chapatti 7 Curd has been planed . Suggested 3 modifications in it for a pregnant lady with reasons.
- (4) What do you understand by 'Modifications of diet' Plan a lunch for family of four members . Suggests 4 modifications in it for lactating mother.
- (5) Suggest 3 modifications in following menu for an old man with reasons-
  - (a) Chapati
  - (b) Pulav
  - (c) Dal Fried
  - (d) Bendi Raita
  - (e) Salad