

## **ASSIGNMENT**

1. Visit a Maternity Center and evaluate the dietary intake of different food groups by pregnant women.
2. Write a report on importance of protective foods in our diet.
3. How does food influence psychological well-being? What is the relationship between nutrition, food and brain function?
4. Write a note on the complementary or weaning foods that can be provided to infants.
5. Write a note on special foods to be included in the diet of lactating mothers to ensure proper lactation.
6. Write a report on the dietary intake and food choices of school going children.
7. What are cereals and millets? List out the nutritional importance of different cereals and millets used in India.
8. What are pulses? List out the nutritional importance of different pulses used in India.
9. Write a note on food groups that are essential sources of vitamins.
10. Write a review report on the importance of food and balanced diet.