

ASSIGNMENT

- 1) Write on the interrelationship between nutrition & health.
- 2) Enumerate on the psychological aspects of food on nutritional status.
- 3) Discuss on the plan of action for combating malnutrition in children.
- 4) Give the major sources of essential nutrients among various food groups in your daily life.
- 5) Give the RDA for macro & micronutrients for an adolescent boy & girl.
- 6) Calculate the BMI for person weighing 65 kgs & 5.3" in height.
- 7) Comment on the conditions where energy requirements are increased.
- 8) Define the units of energy & give the interconversions.
- 9) How do you estimate energy requirement during work.
- 10) Comment on the importance of balanced diet in maintaining healthy life.