

STD 12 HOLIDAY HOMEWORK

NUTRITION & DIETETICS

Q1. List any three advantages of cooking food.

Q2 . What are the principles of cooking food?

Q3. What is the difference between moist method and dry heat method of cooking? Explain in detail the moist method with examples.

Q4. What are the three categories of fever? Explain each type.

Q5. List at least five metabolic changes that occur during fever.

Q6. Mention the symptoms, foods to be included and foods to be avoided in a patient suffering from -
(a) Typhoid (b) Tuberculosis.

ACTIVITY

Prepare any 2 food items using moist cooking method and 2 items using dry heat cooking method.