

BA SANGAM COLLEGE
YEAR 9
HOME ECONOMICS
WORKSHEET 4

A. Identify and make a list of animal sources and animal products that you consume.

Example is below:

My food sources

Animal source	Animal product
1. fish	1. tin fish
2.	2.
3.	3.
4.	4.

B. Is fruits and vegetables healthy? Why is it important to consume more fruits and vegetables?

C. What do you understand by animal and plant sources?

D. Explain **one** healthy eating habit.

E. Discuss how Fiji's food supply has changed throughout the years.

F. Explain **one** reason for including fruits in a breakfast menu.

G. Explain why **breakfast cereals** and **bread** are considered as plant products.

H. Explain the importance of the **Pyramid of Health**.

I. The nutrient present in energy giving foods is _____

- A. protein. B. vitamins.
C. minerals. D. carbohydrates.