

**BA SANGAM COLLEGE**  
**YEAR 9**  
**HOME ECONOMICS**  
**WOKSHEET 5**

**Food and Nutrition**

State the function and sources of the following nutrients.

<b>Nutrient</b>	<b>Function</b>	<b>Source</b>
i. Carbohydrates		
ii. Vitamin D		
iii. Iron		
iv. Sodium		

**Kitchen Safety and Hygiene**

a) Give a reason for each statement

- i. Store sharp knives out of reach of children.
- ii. Wipe up spills as they occur.

b) Re-arrange the steps below in the correct order of washing the kitchen equipment

Correct Order

- i) Clean pots and pans
- ii) China, dinner plates
- iii) Tin ware and lids
- iv) Tea spoons, table knife, table fork
- v) Bowels for serving
- vi) Drinking glass and jugs

**Fill in the Blanks**

Use the words given below to find the correct answer for each sentence

**(Nutrient, food, energy, vitamins, sunlight, safe, protein)**

- i) Any substance when eaten or drunk provides nourishment to the body is called \_\_\_\_\_.
- ii) \_\_\_\_\_ protects the body from diseases.
- iv) Energy giving food provides \_\_\_\_\_ to the body.
- v) \_\_\_\_\_ provides vitamin D.