

SUVA SANGAM COLLEGE

YEAR 13

HOME ECONOMICS

WORKSHEET 10

Strand: Food and Nutrition

Sub Strand: Diet and Health

1. Discuss the **Rainbow Wellness Approach**.

2. Define the following terms:

i. Nutrition:

ii. Nutritional Status:

3. Differentiate between Adequate diet and Optimal diet.

4. Discuss how the following contribute to nutritional related problems.

i. Climate Change:

ii. Diet:
