

RISHIKUL SANATAN COLLEGE

HOME ECONOMICS

YEAR 13 B

ACTIVITY 1

Instructions

Refer to Chapter 6 of your text book and your notes to answer the following questions.

1. Differentiate between traditional and contemporary diets.
2. Discuss reasons for people's disregard of traditional diets even though it's benefits are known?
3. Increased industrialization/ urbanization has led to increasing wealth. Discuss this statement on the effect of health.
4. Differentiate between fortification and enrichment.