

# KOTHARI INTERNATIONAL SCHOOL, NOIDA

ANNUAL EXAMINATION, SESSION: 2025-26

GRADE: 11 SUBJECT: HOME SCIENCE (064)

DAY & DATE: MONDAY, FEBRUARY 06, 2026

TIME ALLOTTED: 3 HOURS

NAME: \_\_\_\_\_

MAXIMUM MARKS: 70

## GENERAL INSTRUCTIONS:

- i). All questions are compulsory. Please read the instructions carefully.
- ii). Question paper is divided into three sections – A, B and C.
- iii). Section A is of 14 marks and has Objective Type Questions
  - a) Question numbers 1 to 14 are one marker questions.
- v) Section B is of 30 marks and has Short Answer Type Questions.
  - a) Question numbers 15 to 21 are 2 markers. (20-30 words)
  - b) Question numbers 22 to 25 are 3 markers.(30-40 words)
- iv). Section C is of 22 marks and has Long Answer Type Questions.
  - c) Question numbers 26 to 30 are 4 markers. (40-70 words)
  - a) Question numbers 31 and 32 are 5 markers.(70-90 words)
- v). Internal Choices are given in some questions.
- vi). Support your answers with suitable examples wherever required.

SECTION A OBJECTIVE TYPE QUESTIONS		
Q1.	Which resource can't be regained if lost?  a) Money <b>b) Time</b> c) Interest d) Motivation	(1)
Q2.	Which type of activity would preserving fruits and vegetables be?  a) Daily b) Monthly c) Weekly d) <b>Seasonal</b>	(1)

Q3.	<p>Which of the following can counteract both yellowness and grayness of fabrics after repeated wash?</p> <p>a) Ultramarine Blues  <b>b) Optical/fluorescent brightening agents</b>  c) Gelatin  d) Borax</p>	(1)																				
Q4.	<p>Match the following</p> <table border="1" data-bbox="256 489 1395 779"> <thead> <tr> <th></th> <th>Column - I</th> <th></th> <th>Column - II</th> </tr> </thead> <tbody> <tr> <td>A.</td> <td>Washing and ironing of clothes</td> <td>i).</td> <td>Use of emulsifies</td> </tr> <tr> <td>B.</td> <td>Stain removal technique</td> <td>ii).</td> <td>Laundering</td> </tr> <tr> <td>C.</td> <td>Method to remove grease</td> <td>iii).</td> <td>Friction</td> </tr> <tr> <td>D.</td> <td>Method of washing</td> <td>iv).</td> <td>Sponging</td> </tr> </tbody> </table> <p>Choose the correct option:</p> <p>a) A-i), B-iv), C- iii), D – ii)  <b>b) A- ii), B-iv), C-i), D-iii)</b>  c) A-i), B-iii), C-iv), D-ii)  d) A-ii), B-iii), C-iv), D-i)</p>		Column - I		Column - II	A.	Washing and ironing of clothes	i).	Use of emulsifies	B.	Stain removal technique	ii).	Laundering	C.	Method to remove grease	iii).	Friction	D.	Method of washing	iv).	Sponging	(1)
	Column - I		Column - II																			
A.	Washing and ironing of clothes	i).	Use of emulsifies																			
B.	Stain removal technique	ii).	Laundering																			
C.	Method to remove grease	iii).	Friction																			
D.	Method of washing	iv).	Sponging																			
Q5.	<p>Given below are two statements, one labelled as Assertion (A) and the other labelled as Reason (R).</p> <p>Assertion (A): Nutrition and Health are closely interrelated and complement each other.</p> <p>Reason (R): Adequate nutrition is necessary for growth and development of body.</p> <p>a) <b>Both (A) and (R) are correct and (R) is the correct explanation of (A).</b>  b) Both (A) and (R) are correct, but (R) is not the correct explanation of (A).  c) (A) is correct, but (R) is not correct  d) (R) is correct, but (A) is not correct.</p>	(1)																				
Q6.	<p>Name the disease caused by the deficiency of Vitamin 'D'.</p> <p>a) <b>Rickets</b>  b) Anemia  c) Goitre  d) Hepatitis</p>	(1)																				
Q7.	<p>Immunisation against tuberculosis is given via _____ vaccine.</p> <p>a) DPT  b) MMR  c) <b>BCG</b>  d) Oral polio vaccine</p>	(1)																				

Q8.	<p>Match the following</p> <table border="1" data-bbox="297 220 1352 514"> <thead> <tr> <th></th> <th>Column - I</th> <th></th> <th>Column - II</th> </tr> </thead> <tbody> <tr> <td>A.</td> <td>Calcium</td> <td>i).</td> <td>Rich in antibodies</td> </tr> <tr> <td>B.</td> <td>Protein</td> <td>ii).</td> <td>Healthy bones</td> </tr> <tr> <td>C.</td> <td>Iron</td> <td>iii).</td> <td>Muscular growth</td> </tr> <tr> <td>D.</td> <td>Colostrum</td> <td>iv).</td> <td>Increase in blood volume</td> </tr> </tbody> </table> <p>Choose the correct option:</p> <p>a) A-iii), B-iv), C- i), D – ii)  b) A- iv), B-i), C-iii), D-ii)  c) A-i), B-iii), C-iv), D-ii)  d) <b>A-ii), B-iii), C-iv), D-i)</b></p>		Column - I		Column - II	A.	Calcium	i).	Rich in antibodies	B.	Protein	ii).	Healthy bones	C.	Iron	iii).	Muscular growth	D.	Colostrum	iv).	Increase in blood volume	(1)
	Column - I		Column - II																			
A.	Calcium	i).	Rich in antibodies																			
B.	Protein	ii).	Healthy bones																			
C.	Iron	iii).	Muscular growth																			
D.	Colostrum	iv).	Increase in blood volume																			
Q9.	<p>Children’s clothes should be _____.</p> <p>a) Tight  b) Artificial  c) <b>Comfortable</b>  d) Rough</p>	(1)																				
Q10.	<p>Match the following:</p> <table border="1" data-bbox="240 1066 1409 1423"> <thead> <tr> <th></th> <th>Column - I</th> <th></th> <th>Column - II</th> </tr> </thead> <tbody> <tr> <td>A.</td> <td>Person’s ability to interact and form meaningful relations with others</td> <td>i).</td> <td>Physical Health</td> </tr> <tr> <td>B.</td> <td>Ability to cope-up with normal stress of life</td> <td>ii).</td> <td>Morbidity</td> </tr> <tr> <td>C.</td> <td>Ability to perform physical activities without any problem</td> <td>iii).</td> <td>Social Health</td> </tr> <tr> <td>D.</td> <td>Unhealthy state of health</td> <td>iv).</td> <td>Mental Health</td> </tr> </tbody> </table> <p>Choose the correct option:</p> <p>a) A-i), B-iv), C-iii), D-ii)  <b>b) A- iii), B-iv), C-i), D-ii)</b>  c) A-ii), B-iii), C-iv), D-i)  d) A-ii), B-iii), C-iv), D-i)</p>		Column - I		Column - II	A.	Person’s ability to interact and form meaningful relations with others	i).	Physical Health	B.	Ability to cope-up with normal stress of life	ii).	Morbidity	C.	Ability to perform physical activities without any problem	iii).	Social Health	D.	Unhealthy state of health	iv).	Mental Health	(1)
	Column - I		Column - II																			
A.	Person’s ability to interact and form meaningful relations with others	i).	Physical Health																			
B.	Ability to cope-up with normal stress of life	ii).	Morbidity																			
C.	Ability to perform physical activities without any problem	iii).	Social Health																			
D.	Unhealthy state of health	iv).	Mental Health																			
Q11.	<p>Which of the following is/are food-borne illness?</p> <p>I. Diarrhoea  II. Dysentery  III. Goitre  IV. Measles</p>	(1)																				

	<p>Choose the correct option</p> <p>a) <b>I and II</b></p> <p>b) II and III</p> <p>c) III and IV\</p> <p>d) I and IV</p>	
Q12.	<p>Mechanical diets are suggested by the dietitian to elderly patients who have _____.</p> <p>a) <b>difficulty in chewing</b></p> <p>b) constipation</p> <p>c) hypertension</p> <p>d) diarrhoea</p>	(1)
Q13.	<p>Which of the following are features of optimum nutrition?</p> <p>I. Providing protection from disease</p> <p>II. Ensuring abundance of food</p> <p>III. Promoting recovery from illness</p> <p>IV. Managing chronic diseases</p> <p>Choose the correct option</p> <p>a) I, II and III</p> <p>b) <b>I, III and IV</b></p> <p>c) II, III and IV</p> <p>d) I and IV</p>	(1)
Q14.	<p>_____ are non-nutrient constituents present in food that have physiological or biological activity and influence health.</p> <p>a) Nutraceuticals</p> <p>b) Medical foods</p> <p>c) <b>Phytochemicals</b></p> <p>d) Functional foods</p>	(1)
	<p><b>SECTION B</b></p> <p>(Short Answer Type Questions)</p>	
Q15.	<p>Define Time and Space Management.</p> <p>Ans: Time Management: refers to managing time efficiently so that the right time is allocated to right activity.</p> <p>Space Management: refers to the proper and judicious planning and organizing space in a functional and aesthetic manner.</p>	(2)

Q16.	<p>What are the different aspects of care and maintenance of fabrics?</p> <p><b>Ans:</b> Different aspects of care and maintenance of fabrics are:</p> <ol style="list-style-type: none"> <li>a) To keep the fabric free from any physical damage</li> <li>b) To retain its appearance: <ul style="list-style-type: none"> <li>• By removing stains and dirt without damaging its colour</li> <li>• By retaining/refurbishing its brightness and textural characteristics</li> <li>• By keeping it wrinkle free or retain its crease, whichever is required</li> </ul> </li> </ol>	(2)
Q17.	<p>What is malnutrition? Define its types.</p> <p><b>Ans:</b> Malnutrition refers to deficiencies, excesses or imbalance in a person's intake of energy and/or other nutrients over a prolonged period of time.</p> <p>Types of Malnutrition:</p> <ol style="list-style-type: none"> <li>1. Over Nutrition: Excessive intake of one or more nutrients</li> <li>2. Under Nutrition: an insufficient supply of essential nutrients over a period of time</li> </ol>	(2)
Q18.	<p>What do DPT and BCG Vaccines stand for?</p> <p><b>Ans:</b> DPT – Diphtheria, Pertusis and Tetanus BCG – Bacillus Calmette-Guerin (anti TB)</p> <p>OR</p> <p>How can hygiene be improved and food can be rendered safer?</p> <p><b>Ans:</b> Hygiene can be improved and food can be rendered safer by taking following steps:</p> <ol style="list-style-type: none"> <li>a) Using clean water to wash fruits and vegetables.</li> <li>b) The one who is cooking should wear a head cap, nails should be trimmed and hands to be washed</li> <li>c) Clean utensils should be used for preparing food</li> <li>d) Prepared food should be stored in a hygienic way and at low temperature</li> </ol>	(2)
Q19.	<p>Describe the requirements of footwear for toddlers.</p> <p><b>Ans:</b> The requirements of footwear for toddlers are:</p> <ol style="list-style-type: none"> <li>a) The correct fit in shoes and socks is essential for comfort and health.</li> <li>b) Flexible soled shoes of 1/8<sup>th</sup> inch thickness should be worn. These may be without heel or a slight heel and should be full and puffy in the toe area.</li> <li>c) Shoes that fit well help to build good body skills in balancing, climbing and running.</li> <li>d) As children outgrow their shoes quickly, these should be replaced to avoid foot related health dangers.</li> </ol>	(2)
Q20.	<p>Mr Anil has gone to a dietitian to seek counseling for weight loss. She will first complete Mr Anil's nutritional assessment, before she prescribes a diet plan to him. What all is included in the nutritional assessment?</p> <p><b>Ans:</b> Nutritional assessment comprises of the following:</p> <ol style="list-style-type: none"> <li>i) anthropometric measurements like height, weight, waist circumference and BMI</li> </ol>	(2)

	<ul style="list-style-type: none"> <li>ii) obtaining detail information on health, diet, personal and medical history</li> <li>iii) relating the information on laboratory and physical measurements with the above and the physician's diagnosis</li> <li>iv) interpreting all of the above to identify potential nutritional deficiencies and risk of future deficiencies</li> </ul>	
Q21.	<p>Rama is unable to chew or swallow. Which type of diet she should consume? Give one benefit of such diet.</p> <p><b>Ans:</b> If Rama is unable to chew or swallow food properly, she should consume liquid diet. The benefit of such diet is that it can be absorbed easily even if gastrointestinal tract is not functioning properly.</p>	(2)
Q22.	<p>What is Hygiene? Explain the two aspects of hygiene.</p> <p><b>Ans:</b> Hygiene refers to conditions and practices that help to maintain health and prevent the spread of disease especially through cleanliness.</p> <p>There are two aspects of hygiene:</p> <ol style="list-style-type: none"> <li>1. Personal Hygiene: It refers to maintaining the body's cleanliness. Good personal hygiene is one of the most effective ways to protect ourselves and others from illness. Some ways of maintaining good personal hygiene are: <ul style="list-style-type: none"> <li>• Wash hands regularly</li> <li>• Not to cough or sneeze on others</li> <li>• Bath everyday</li> <li>• Keep workplace clean</li> </ul> </li> <li>2. Environmental Hygiene: It comprises of organic and inorganic matter at both domestic and community levels. <ul style="list-style-type: none"> <li>• Physical factors: water, air, housing, etc</li> <li>• Biological factors: plants, animals, rodents, insects, etc</li> </ul> </li> </ol>	(3)
Q23.	<p>What are the clothing needs of children?</p> <p><b>Ans:</b> The clothing needs of children are:</p> <ol style="list-style-type: none"> <li>a) Comfort: The most important requirement for children is comfort. They need to roll, crawl, squat, climb, run and jump without being hindered by the clothes. They need to play without fear of getting their clothes dirty. Tight clothes are avoided as they restrict activity and even interfere with natural blood circulation. Heavy and bulky clothes are difficult to handle and tiring for children. Fabric should be soft and absorbent, suitable for the child's sensitive skin.</li> <li>b) Safety: Comfort and safety go hand-in-hand for children's clothing. Clothes which are too large may be uncomfortable and may also be unsafe. Loose garments can catch on fire more easily around cooking area.</li> <li>c) Self-help: Dressing and undressing themselves give children a feeling of confidence and self-reliance. Many of children's clothes are too difficult to put on or off by the children themselves.</li> </ol>	(3)

	<p>d) Appearance: Children have their own ideas about their clothing and they should be allowed to express their preferences. Exercising some choice at the younger ages will help them develop their ability to select appropriate clothes.</p> <p>e) Allowance for growth: Children’s clothes should have allowance for growth, especially in length. It is not advisable to buy a much larger size as they are neither comfortable nor safe. It is better to choose clothes to fit with provision to increase.</p> <p>f) Easy care: Children are happier if they do not have to be worried about getting their clothes dirty. Even mothers appreciate easy care clothes, ones which can be easily washed and need little or no ironing.</p> <p>g) Fabrics: Soft, firmly woven or knitted fabrics that are easy to care for, comfortable to skin, that do not wrinkle or soil readily, are the desirable fabrics for children’s clothing.</p>	
Q24.	<p>Which are the common stiffening agents? Define Dry-cleaning.</p> <p>Ans: Stiffening agents are derived from nature, either plants or animals. The most common stiffening agents are:</p> <p>a) Starch is obtained from wheat, rice, arrow-root, tapioca, etc. They are available in powder form in the market and have to be cooked before use. Consistency of starch depends on the thickness of the fabric to be starched. As a stiffening agent it is used only for cotton and linen. Thick cottons need light starching while thin fabrics need heavy starching. Commercially prepared starches available in the market are easy to use and do not necessarily require hot water for preparation.</p> <p>b) Gum Acacia or Gum Arabic is the natural gum obtained from the Acacia plant which is available in granulated lumps. The stiffening agent is prepared by soaking it over night to dissolve it and then sieving it to get a lump free solution. This gives only light stiffening, which is more in the nature of crispness. It is used for silks, very fine cottons, rayons and silk and cotton blends.</p> <p>c) Gelatin is easy to make and use but is expensive compared to other homemade starches.</p> <p>d) Borax is not really a starch but the addition of a small quantity in the starch solution helps to improve its stiffening action. When the fabric is ironed after starching, borax melts and forms a thin film on the surface of the fabric. This is water repellent in nature and thus maintains the crispness even in humid climates.</p> <p>Dry-cleaning can be defined as the cleaning of fabrics in a non-aqueous liquid medium. The important difference between dry and wet solvents is that while water is absorbed by the fibres, which causes shrinkage, wrinkle formation and colour bleeding; the dry solvents do not cause fibre swelling.</p>	(3)
Q25.	<p>Define and classify complementary food.</p> <p>Ans: Complementary feeding is the process of gradually introducing other foods along with breast milk. Foods that are introduced thus called complementary foods.</p> <p>Types of Complementary Foods:</p> <p>i) Liquid Compliments</p> <p>ii) Semi-solid Compliments – Introduced by 5-6 months</p>	(3)

	<p>iii) Solid Compliments – by 10 months to 1 year when baby cuts teeth</p> <p>OR</p> <p>What are the factors that influence diet intake of preschool-age children?</p> <p>Ans: Factors that influence diet intake of preschool-age and school-age children are:</p> <ul style="list-style-type: none"> <li>i) Family environment: Families that use positive parenting encourage total well-being of children. Parents should acquire proper nutritional knowledge and incorporate it into planning diets for their children. Eating together in a comfortable and happy atmosphere is conducive to good eating habits and nutrient intake.</li> <li>ii) Media: TV commercials and their film stars endorsing the products have very strong influence. Attracted by the messages conveyed by commercials insist on foods which are low in fibre, high in sugar, fat and sodium. An attractive display of foods with harmful additives during festivities influences their between meals snacking which in turn lessens their appetite for proper meals. A conducive family environment would help to combat the issue.</li> <li>iii) Peers: As the child enters school, there is a change of dependence from parental standards to those set by the peer group. So food intake may differ from what is followed at home due to peer influence. Children usually eat well in the company of friends. When they eat along with their peers, they are willing to eat new foods which they otherwise refuse.</li> <li>iv) Socio-cultural Influences: Every region has its typical foods and flavours. The family usually serves the same food to young children that adults eat. Eating with the family encourages children to like foods typical of their own region, and also of other regions.</li> <li>v) Erratic Appetite: The child may eat one meal well while refusing the next altogether. This should not be worrying because those are temporary moods and disappear if not reinforced by bribes, punishments or rigid rules.</li> </ul>	
	<p><b>SECTION C</b> <b>(Long Answer Type Questions)</b></p>	
Q26.	<p>Give the objectives of diet therapy.</p> <p>Ans: Four objectives of diet therapy are-</p> <ol style="list-style-type: none"> <li>1. formulation of the diet to meet the needs of the patient</li> <li>2. modification of the existing diets to ameliorate(rectify) the disease condition</li> <li>3. correction of nutritional deficiencies</li> <li>4. prevention of short-term and long-term complications in case of chronic diseases</li> </ol>	(4)

	5. education and counselling of the patient	
Q27.	<p>“Nutrition affects productivity, income and quality of life”. Write your opinion about this statement.</p> <p><b>Ans:</b> Nutrition affects productivity, income and quality of life in the following ways:</p> <ul style="list-style-type: none"> <li>• Productivity: When a person is not suffering from any nutritional problems and his nutritional status is optimum he will be able to perform every task properly and productively.</li> <li>• Income: His income depends on how much he is able to perform at the work place which in turn depends on his nutritional status because if he is suffering from any nutritional deficiency or overdose of any nutrient he will fall sick often and income will be less.</li> <li>• Quality of Life: He will be able to enjoy his life and will be free of various diseases, his immunity will be strong and all the bodily processes will take place properly. He will lead a happy and peaceful life.</li> </ul>	(4)
Q28.	<p>Define Space Management. Discuss any five principles of planning space inside the home.</p> <p><b>Ans:</b> Space management refers to the proper and judicious planning and organizing space in a functional and aesthetic manner.</p> <p>Principles of Space planning: Principles to be kept in mind while assigning or designing work areas in the house are:</p> <ol style="list-style-type: none"> <li>a) Aspect: arrangement of doors and windows</li> <li>b) Prospect: impact made by a house when we look it from outside</li> <li>c) Privacy: internal and external privacy</li> <li>d) Grouping: arrangement of different rooms</li> <li>e) Roominess: spacious effect given by a room</li> <li>f) Furniture requirements: only required furniture, free circulation spaces</li> <li>g) Sanitation: light, ventilation, cleanliness and sanitary conveniences</li> <li>h) Circulation: independent entry to each living space</li> <li>i) Practical considerations: strength and stability of structure, convenience and comfort, simplicity, beauty, provision of expansion in future, etc</li> <li>j) Elegance: overall effect produced by the general layout, without compromising on economy, the space plan should be attractive and aesthetically appealing</li> </ol> <p style="text-align: center;"><b>OR</b></p> <p>Discuss the steps in a Time and Activity planning.</p> <p><b>Ans:</b> Steps in Time and Activity Planning are:</p> <ol style="list-style-type: none"> <li>i. Start Early: Start working on your task as early as possible without avoiding or delaying the task. For example, If a student has to complete his/her holiday homework, he/she should try to finish that work in the initial days of holidays rather than postponing it for the end of the holidays.</li> <li>ii. Set a Routine: Set a daily routine, choose a time to accomplish certain tasks and then stick to the routine activities. We should make an everyday routine to complete work in time.</li> <li>iii. Set Priorities: All of us have limited time, therefore it is better to prioritise important tasks and keep the optional tasks for a later time.</li> </ol>	(4)

	<p>iv. Learn to say ‘No’: If you have less time and more tasks in hand, you should be able to say ‘No’ to the tasks which are not very important.</p> <p>v. Divide big tasks into small and manageable tasks: It is always better to divide a big task into small and manageable tasks. By doing so, big tasks will be much easier to achieve.</p> <p>vi. Do not waste energy and time on tasks which do not need much attention.</p> <p>vii. One at a time: Try to take one task at a time, first finish it and then take up the another one.</p> <p>viii. Fix a Time Limit: Try to fix a time limit to schedule various activities. For example, adequate time should be allotted to each subject without spending too much time on any particular subject.</p> <p>ix. Schedule your Activities: Make a schedule of your activities and tasks. This will help to effectively manage time allocated to each task.</p>	
Q29.	<p>a) What are the stain removal techniques? b) How will you remove ball point stain?</p> <p>Ans: a) Following techniques are generally used to remove stains:</p> <p>i) Scraping ii) Dipping iii) Sponging iv) Drop Method</p> <p>Ans: b) Ball point: Place a blotting paper under the stain and sponge the stain with methylated spirit.</p>	(4)
Q30.	<p>What should be the features of clothes for children with special needs?</p> <p>Ans: Garments for children with special needs are selected according to the type of disability and the associated difficulties.</p> <ul style="list-style-type: none"> <li>• As comfort is the primary criterion, cotton is the most preferred fabric for summer, and velvet corduroy and cotswool for winter.</li> <li>• The garment selected should be strong so as to withstand abrasion in case the children use orthotic devices or wheel chairs.</li> <li>• Garment should have reinforcements at specified areas for calipers and braces.</li> <li>• Openings should be easily accessible and easy to fasten.</li> <li>• Wearing and taking off should be simple, and so wider necklines, waist belts with elastics, front open plackets and front pockets can be the preferred choices.</li> <li>• It is very important to look at the aesthetic appeal of the clothes.</li> <li>• They should be appealing in colour and print so that the wearer feels good.</li> </ul>	(4)
Q31	<p>What are the types of dietary modifications that a medical nutritionist therapist may make?</p> <p>Ans: Types of dietary modifications that a medical nutritionist therapist may make are:</p> <p>i) Change in consistency and/or texture (eg. fluid and soft diets) ii) Changes (increase or decrease) in the energy (calorie) intake iii) Changes in quantity/amount of one or more nutrients or type of food consumed iv) Elimination of spices and condiments – e. bland diets v) Change in the frequency (number of) meals, or modification in intervals of feeding and/or amount of food given vi) Special plan for patients when route of feeding is altered</p>	(5)

	vii) Omission of specific foods such as allergy diets, gluten free diet	
Q32.	<p>a) Write any four benefits of Breast Feeding.</p> <p>b) Discuss any four points that should be kept in mind while planning meal for school going children.</p> <p>Ans: a): Benefits of Breast Feeding:</p> <ul style="list-style-type: none"> <li>• The nutrients in breast milk are optimally balanced for the infants dietary needs i.e., it is ‘tailor made’ to fulfil the nutritional requirements of an infant in required proportion and form (fat present is emulsified), low amount of protein reduces load on the kidneys, vitamin C is present. Lactalbumin protein present in it as is easily digestible.</li> <li>• It is rich in anti-bodies and white blood cells to protect and provide natural immunity to the infant against gastro-intestinal, chest and urinary infections and also food allergies as it is free from allergens.</li> <li>• It is simple, hygienic, safe, easily available and free from any adulteration.</li> <li>• It is a convenient method of feeding both for the mother and the child. Milk is available at all times and at the right temperature.</li> <li>• Mother’s milk is economical as mother does not have to spend additional money on feeding the infant.</li> <li>• It provides emotional satisfaction to both mother and the child. The infant feels secure during breast feeding by the mother.</li> <li>• Breast fed infants have less colic problems because mother’s milk contains salivary ‘Amaylase’ that is good for child’s digestive system.</li> <li>• It gives protection to mothers against breast and ovarian cancer, and also from developing weak bones.</li> </ul> <p><b>b):</b> Following points should be kept in mind while planning meal for school going children:</p> <ul style="list-style-type: none"> <li>• Aim for variety</li> <li>• Ensure good nutrition</li> <li>• Limit intake of Saturated fat, salt and sugar</li> <li>• Ensure eating breakfast</li> <li>• Involve children in meal planning</li> <li>• Number of meals</li> </ul>	(5)