

SUMMER HOLIDAY HOMEWORK

CLASS VII SCIENCE

***Prepare a PowerPoint slide presentation (8-10 slides)
on the topic***

'NUTRITIONAL AND THERAPEUTIC VALUE OF FOOD'

Try to include the following points:

- **FOOD AND NUTRITION**
- **ESSENTIAL COMPONENTS OF BALANCED DIET**
- **HEALTHY FOOD PYRAMID**
- **FOOD NUTRIENTS AS IMMUNITY BOOSTERS**
- **A TABLE SHOWING YOUR BREAKFAST MEALS FOR THREE DAYS AND SPECIFYING THE CALORIES CONSUMED IN EACH MEAL.**