 Province of the

EASTERN CAPE

EDUCATION

**DIRECTORATE SENIOR CURRICULUM MANAGEMENT (SEN-FET)**

**HOME SCHOOLING SELF-STUDY WORKSHEET**

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| **SUBJECT** | LIFE SCIENCES | **GRADE** | 11 | **DATE** | 30 July 2020 |
| **TOPIC** | INTRODUCTION TO HUMAN NUTRITION | **TERM 1****REVISION** | (Please tick) | **TERM 2 CONTENT** | ✓ |
| **TIME ALLOCATION** | 45 MINUTES | **TIPS TO KEEP HEALTHY**1. **WASH YOUR HANDS** thoroughly with soap and water for at least 20 seconds. Alternatively, use hand sanitizer with an alcohol content of at least 60%.2. **PRACTICE SOCIAL DISTANCING** – keep a distance of 1m away from other people.3. **PRACTISE GOOD RESPIRATORY HYGIENE**: cough or sneeze into your elbow or tissue and dispose of the tissue immediately after use.4. **TRY NOT TO TOUCH YOUR FACE.** The virus can be transferred from your hands to your nose, mouth and eyes. It can then enter your body and make you sick. 5. **STAY AT HOME.**  |
| **INSTRUCTIONS** | Use the following resources to answer the worksheet:* Textbook
* Video Lesson on introduction to human nutrition
* PowerPoint Presentation on introduction to human nutrition
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**QUESTION 1**



