



**ITL PUBLIC SCHOOL**  
**Summer Engagement Program**  
**CLASS XII HOME SCIENCE**

1. To celebrate the international year of the Millet, plan a meal for adolescent including millet as one of the major ingredients in one of the dishes. Identify the food groups and major nutrients from the meal.
2. Market Survey: of any five processed foods with their packaging and label information. Compare the packaging and label information to draw conclusion.