



Creativity Worksheet 2

Connect: Chapter 2 (Components of Food), Science Textbook, Class VI, NCERT

Suppose you and your mother are invited to take part in a cookery show. You are asked to design a special dish for a specific group of children who have a craving for unhealthy food but need nutritious food due to low eye sight. What food/drink item will you design?

Hint: What do various nutrients do for our body?

Here are some ideas:

- 1 _____ Ice-cream topped with mango pieces _____
- 2 _____ Carrot chips _____
- 3 _____ Cola flavored papaya juice _____

Now write your own ideas. Give a variety of ideas. Crazy ideas also welcome!

- 4 _____
- 5 _____
- 6 _____

You may want to draw any of your idea!

