

Worksheet | Lower Secondary

Stage (6-8)

1st Semester | 2023-2024

Subject: Biology

Chapter: Nutrients in food

Objectives:

- Identify the constituents of a balanced diet for humans.
- Understand why each nutrient is needed.

<p>The two types of carbohydrate that provide energy are starch and sugars.</p>	<p>Carbohydrates are large molecules, they are digested in the body into smaller molecules called glucose.</p>	<p>List 3 examples of sources of starch in the diet:</p> <p>Potatoes Bananas Bread Pasta</p>
<p>Give examples of animal-based and plant-based proteins:</p> <p>Animal-based: meat, fish, eggs and dairy products.</p> <p>Plant-based: pulses; beans, nuts and cereals.</p>	<p>Proteins are large molecules, they are digested in the body into smaller molecules called amino acids.</p>	<p>Why are proteins important?</p> <p>For growth, repair and keeping cells healthy. Proteins also provides energy.</p>
<p>What are the two main types of fat?</p> <p>Saturated and unsaturated</p>	<p>Why are fats important?</p> <p>They make cell membranes, protect vital organs, stored source of energy, reduce heat loss from your skin.</p>	<p>Give 3 examples of foods that contain good fat:</p> <p>Avocado Almond Egg walnut</p>