

**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.

|  |  |  |
| --- | --- | --- |
| The two types of carbohydrate that provide energy are \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_. | Carbohydrates are large molecules, they are digested in the body into smaller molecules called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.** | List 3 examples of sources of starch in the diet: |
| Give examples of animal-based and plant-based proteins: | Proteins are large molecules, they are digested in the body into smaller molecules called  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. | Why are proteins important? |
| What are the two main types of fat? | Why are fats important? | Give 3 examples of foods that contain good fat: |