

**RISHIKUL SANATAN COLLEGE**  
**HOME ECONOMICS**  
**YEAR 11 WORKSHEET No.04**

**Note: Write questions and answers at the back of your Home Economics exercise book.**

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**QUESTION 1**

(a) Define the following terms

(i). Food

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(ii). Nutrients

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(iii). Diet

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(iv). Nutrition

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(v). Nutritional Status

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(b). Explain the series of the following **chemical process** in the utilization of the food in body.

(i). metabolism

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(ii). Anabolism

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(iii). Catabolism

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(c). Discuss the term Basal metabolism rate.

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## **QUESTION 2**

(a). Identify and explain three factors that affect a person's metabolic rate.

(i) \_\_\_\_\_.

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(ii). \_\_\_\_\_.

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(iii). \_\_\_\_\_

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**QUESTION 3**

Discuss how food will satisfy the following need of an individual.

(i). Physiological needs

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(ii). Sociological needs

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(iii). Psychological needs

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**THE END**