

RISHIKUL SANATAN COLLEGE
HOME ECONOMICS
YEAR 11 WORKSHEET No.05

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

DIET AND HEALTH

QUESTION 1

(a). Nutrients can be classified as **Macronutrients** and **Micronutrients**.

(i). Name the three macronutrients.

1. _____.

2. _____.

3. _____.

(ii). Identify the sources of these macronutrients.

1. Carbohydrates: _____ and _____.

2. Protein: _____ and _____.

3. Fats: _____.

(iii). Functions of macronutrients. Identify **3 functions** of each.

Macronutrients	Functions
Carbohydrates	
Protein	
Fats	

(iv). Discuss how macronutrients are digested from the mouth to the small intestine by completing the table given below.

Organ	Fats	Carbohydrates	Proteins
Mouth		Food is chewed and mixed with saliva. Ptyalin acts on starch to convert to maltose.	.
Oesophagus	Food is moved along by peristalsis		
Stomach	Fat + lipase = fatty acid + glycerol		Rennin coagulates milk protein. Pepsin breaks protein to smaller pieces.
Duodenum		Amylase from pancreas acts on any starch not yet converted to maltose.	
Small Intestine			.

(v). Explain the simple test for the following macronutrients.

(i) Carbohydrates:

(ii) Protein:

(iii) Fats:

QUESTION 2

(a). Differentiate **over nutrition** and **under nutrition** and give an example.

(b). Name two diseases caused by lack of macronutrients.

1. _____ 2. _____

(c). Name 3 diseases caused by excess of macronutrients

1. _____ 2. _____ 3. _____

(d). Differentiate between the following:

- Saturated and unsaturated fats
- Essential and non- essential amino acids
- High Biological value and Low Biological value proteins
- Under-nutrition and over-nutrition
- Hypertension and Hypotension

THE END

