

WORKSHEETS

WORKSHEET: FATS AND LIPIDS

1. Explain why fats provide a **concentrated** source of energy by comparing it to carbohydrates and proteins.
2. Tabulate the sources of saturated fatty acids, polyunsaturated fatty acids and trans-fatty acids.
3. Many people suffer from obesity or coronary heart disease because of a wrong diet.
 - 3.1 Explain how the diet can be the cause of these conditions.
 - 3.2 Write a paragraph in which you give advice on how to prevent these TWO conditions by making certain changes in their diet.

WORKSHEET Minerals

1. Classify minerals into two groups.

2. You would like to give people information about the functions of minerals in general. Write an interesting article to indicate to people why they should take in enough minerals.

3. Complete the table to show the functions, sources, deficiency and excess of the macro-nutrients

Macro-mineral	Function	Sources	Deficiency	Excess
Calcium				
Phosphorus				
Magnesium				
Sodium				
Potassium				

Worksheet -Vitamins

Study the table of Vitamins B complex below and complete it

Vitamin	One source	One Function	Deficiency
(1)	(1)	(1)	Growth failure
Vitamin B1	(1)	(1)	(1)
(1)	Peanuts	(1)	(1)
(1)	(1)	Formation of red blood cells	(1)

(12)

1.1

Various possible answers have been provided below. Select the best possible answer that matches the statement and write only the correct letter e.g. 1.1.2 D.

1.1.1 Deficiency of this vitamin may cause spina bifida in babies.

- a) Thiamin
- b) Riboflavin
- c) Folic acid
- d) Cobalamin

(1)

1.1.2 This vitamin increases the body's resistance to infection.

- a) Vitamin B12
- b) Vitamin C

- c) Vitamin B1
- d) Vitamin B3 (1)

1.1.3 An excess of Vitamin C may lead to

- a) Low toxicity
- b) Headaches
- c) Reduced kidney function
- d) Gastro – intestinal disturbances (1)

1.1.4 This is a great source of Folic acid

- a) Meat
 - b) Dairy products
 - c) Mangoes
 - d) Butternut
- (1)

1.1.5 An excess of Folic acid may lead to....

- a) Liver abnormalities
 - b) Anaemia
 - c) Scurvy
 - d) None of the above
- (1)

1.1.6 One of the following is NOT a source of Vitamin C

- a) Citrus fruits
 - b) Tomatoes
 - c) Eggs
 - d) Potatoes
- (1)

1.1.7 Vitamin C promotes absorption of ...in the baby.

- a) Calcium
 - b) Iron
 - c) Phosphorus
 - d) Fats
- (1)

1.1.8 Vitamin C is also known as

- a) Ascorbic acid
 - b) Niacin
 - c) Riboflavin
 - d) Thiamine
- (1)

1.1.9 Anaemia is one of the deficiencies of this vitamin in pregnant women

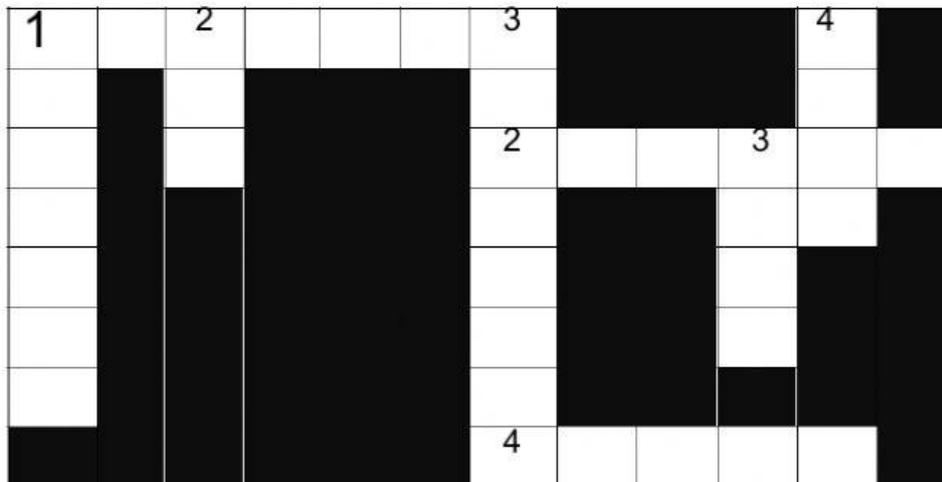
- a) Thiamine
 - b) Niacin
 - c) Ascorbic acid
 - d) Folic acid
- (1)

1.1.10 One of the deficiencies of vitamin causes bleeding gums and affects teeth. This disease is known as...

- a) Peptic ulcer
- b) Oedema
- c) Scurvy
- d) Beriberi

(1)
(10x1=10)

WORKSHEET



Down

- 1. Vitamin A is also known by this name. (1)
- 2. liver oil is a main source of vitamin A. (1)
- 3. Source of vitamin D. (1)
- 4. Become sensitive to light. (1)

Across

- 1. Deficiency of Vitamin D in children. (1)
- 2. An excess of Vitamin A and Vitamin D can lead to this. (1)
- 3. becomes rough and cracked. (1)
- 4. This vitamin develops strong bones. (1)

[8]

