

|                  |              |                    |              |                    |                    |                             |
|------------------|--------------|--------------------|--------------|--------------------|--------------------|-----------------------------|
| Pelawas<br>Fibre | Lemak<br>Fat | Vitamin<br>Vitamin | Air<br>Water | Protein<br>Protein | Mineral<br>Mineral | Karbohidrat<br>Carbohydrate |
|------------------|--------------|--------------------|--------------|--------------------|--------------------|-----------------------------|

**\*Tarik kotak jawapan ke tempat kosong yang bersesuaian**

Nyatakan kelas makanan berdasarkan fungsinya. **TP2**

*State the classes of food based on their functions.*

| Kelas makanan<br><i>Classes of food</i> | Fungsi<br><i>Functions</i>                                                                                                                                                                 |
|-----------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| (a)                                     | Membekalkan tenaga<br><i>To supply energy</i>                                                                                                                                              |
| (b)                                     | Membina sel-sel baharu untuk menggantikan tisu yang rosak dan untuk pertumbuhan<br><i>To build new cells to replace damaged tissues and for growth</i>                                     |
| (c)                                     | Sebagai penebat haba dan melindungi organ dalaman<br><i>As a heat insulator and to protect the internal organs</i>                                                                         |
| (d)                                     | Mengekalkan kesihatan badan<br><i>To maintain good health</i>                                                                                                                              |
| (e)                                     | Mengekalkan kesihatan badan<br><i>To maintain good health</i>                                                                                                                              |
| (f)                                     | Merangsang proses peristalsis<br><i>To stimulate peristalsis</i>                                                                                                                           |
| (g)                                     | Sebagai pelarut bahan kimia, mengangkut nutrien dan oksigen dan mengawal suhu badan<br><i>As a solvent for chemicals, to transport nutrients and oxygen and regulates body temperature</i> |

**Galeri Info**  
Pelawas tidak dapat dipecahkan oleh sistem pencernaan manusia.  
*Fibres cannot be broken down by human digestive system.*

Lengkapkan jadual di bawah dengan menyatakan nutrien berdasarkan fungsinya. **TP2**

*Complete the table below by stating the nutrients based on their functions.*

|                          |                        |                     |                           |                            |                                                        |
|--------------------------|------------------------|---------------------|---------------------------|----------------------------|--------------------------------------------------------|
| Natrium<br><i>Sodium</i> | Iodin<br><i>Iodine</i> | Besi<br><i>Iron</i> | Kalsium<br><i>Calcium</i> | Fluorin<br><i>Fluorine</i> | Kalsium dan fosforus<br><i>Calcium and phosphorous</i> |
|--------------------------|------------------------|---------------------|---------------------------|----------------------------|--------------------------------------------------------|

| Nutrien/Nutrients | Fungsi/Functions                                                                              |
|-------------------|-----------------------------------------------------------------------------------------------|
| (a)               | Membina hemoglobin dalam sel darah merah<br><i>Builds haemoglobin in the red blood cells</i>  |
| (b)               | Mengeraskan enamel gigi<br><i>Hardens the enamel of teeth</i>                                 |
| (c)               | Penghasilan hormon oleh kelenjar tiroid<br><i>Production of hormones by the thyroid gland</i> |
| (d)               | Diperlukan untuk pembekuan darah<br><i>Needed for blood-clotting</i>                          |
| (e)               | Memelihara fungsi sistem saraf<br><i>Maintains the functions of the nervous system</i>        |
| (f)               | Membina tulang dan gigi yang kuat<br><i>Build strong bones and teeth</i>                      |