

3.1 AKTIVITI PERBINCANGAN

Kelas makanan dan fungsinya Classes of food and their functions

- 1 State the classes of food based on their functions. **TP2**

Classes of food	Functions
(a)	To supply energy
(b)	To build new cells to replace damaged tissues and for growth
(c)	As a heat insulator and to protect the internal organs
(d)	To maintain good health
(e)	To maintain good health
(f)	To stimulate peristalsis
(g)	As a solvent for chemicals and to transport nutrients and oxygen

- 2 Classify the following foods into four classes. **TP1**

Bread Sugar Potato Butter Honey Cereal Papaya Spinach Coconut oil Egg white
Fish oil Rice Meat Pineapple Banana Nuts Milk Fish Margarine Egg yolk

Classes of food			
Carbohydrate	Protein	Fat	Fibre
Fruits and vegetables contain _____ and _____.			

3.2 AKTIVITI PERBINCANGAN

Kepentingan nutrien Importance of nutrients

- 1 State the effects of deficiency in nutrients based on the information given. **TP1**

	Nutrients	Effects of deficiency	Nutrients	Effects of deficiency
Skurvi Scurvy Goitre Goitre Kekejangan otot Muscle cramps Beri-beri Beriberi Mandul Sterility Darah lambat beku Prolonged bleeding Riket Rickets Anemia Anaemia Osteoporosis Osteoporosis Rabun malam Night blindness Kwasyiorkor Kwashiorkor	(a) Vitamin A		(g) Iron	
	(b) Vitamin B		(h) Iodine	
	(c) Vitamin C		(i) Sodium/Potassium	
	(d) Vitamin D		(j) Phosphorous	
	(e) Vitamin E		(k) Proteins	
	(f) Vitamin K		(l) Calcium	