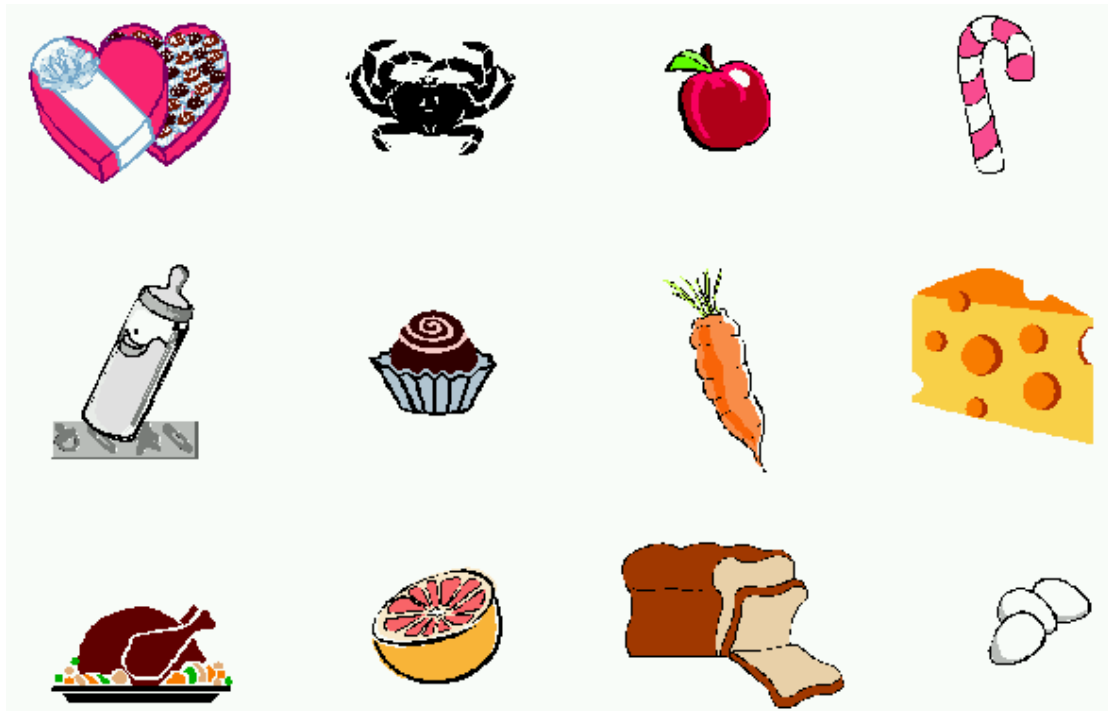


FOOD NUTRIENTS

Q1. Write the name of each food in the column which best represents its nutrient value.

PROTEINS	CARBO-HYDRATES	FATS	VITAMINS



Q2. Complete the following tables.

MAJOR FOOD NUTRIENTS	FUNCTION OF FOOD NUTRIENT	2 EXAMPLES OF FOOD RICH IN THIS NUTRIENT
Sugars	Provide energy	Sugar, chocolate
Starches		
Proteins		
Lipids (Fats and Oils)		

VITAMIN	SOURCE	EFFECTS OF DEFICIENCY
A (retinol)	Carrots, tomatoes, leafy vegetables, egg yolk, milk, cheese	Poor night vision, skin infections
B1 (thiamin)		
B2 (riboflavin)		
C (ascorbic acid)		
D		
E		
K		

MINERAL	SOURCE	EFFECTS OF DEFICIENCY
Calcium	Milk, cheese, green vegetables	Rickets (poor bones and teeth)
Iron		
Iodine		
Fluorine		
Phosphorus		
Potassium		
Zinc		