

Homework
Class O-I
Subject: Biology

Chapter No 5

Why we need food?

What is balance diet? Write its components.

What are carbohydrates? Write its sources and its functions.

Explain the types of carbohydrates.

State and explain the chemical tests for carbohydrates.

What are fats? Write its sources and its functions.

Explain the types of fats.

State and explain the chemical tests for fats.

What are proteins? Write its sources and its functions.

Explain the types of proteins.

State and explain the chemical tests for proteins.

What are vitamins? Explain the sources, functions and problems due vitamin C and D.

What are minerals? Explain the sources, functions and problems due mineral Ca and Fe.

State and explain the functions of water.

What are dietary fibers or roughage? Write its functions.

What is balance diet? Explain the relationship between basal metabolic rate and physical activity.

What is the difference between malnutrition and starvation?

What are the factors leads to starvation and malnutrition?

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