

Nutrition

Use your text book to research the answers to these questions on nutrition:

1. Complete the table below:

Nutrient	Food containing this nutrient	What it is used for
Carbohydrate		
Protein		
Fat		
Calcium (mineral)		
Fibre		

2. If you take in more energy in the food than you eat, you may become a _____.

3. If you eat very little you may suffer from a _____.

4. The breakdown of food is called _____, it is both a chemical and a _____ process.

5. The food we eat is broken down physically by our _____ and chemically by substances called a _____.

6. Complete the table of the different enzymes:

Name of enzyme	Food it breaks down	What is produced?
Carbohydrase		
	Proteins	
		Fatty acids and glycerol

7. Respiration is the process by which living things get their _____.

Complete the word equation for respiration:

_____ + oxygen \rightarrow carbon dioxide + _____ + energy given out