



**Activity 1**

1. Explain what biological value means.
2. Classify proteins according to their biological value. Provide examples of each.
3. Name the TWO types of proteins.
4. Name the protein found in each of the following foods:
  - 4.1 Milk
  - 4.2 Egg yolk
  - 4.3 Meat
  - 4.4 Legumes
  - 4.5 Maize
  - 4.6 Soya beans
5. List FOUR functions of proteins.
6. Explain the following terms:
  - 6.1 Balanced diet
  - 6.2 Digestion
  - 6.3 Nutrient
  - 6.4 Absorption
  - 6.5 Food
7. List FIVE foods rich in vitamin C.
8. Compare the different types of vitamins, their functions and ONE source. Tabulate your answer as follows:

	Vitamin	Functions	Source
8.1 Type 1	Vitamin A	8.3	
	Vitamin D	8.4	
	Vitamin E	8.5	
	Vitamin K	8.6	
8.2 Type 2	Vitamin B	8.7	
	Vitamin C	8.8	

9. Vitamins are only required in small quantities. Motivate this statement.
10. Proteins are essential for all living organisms because it is a building block of the body.
  - 10.1 Provide a reason for the above statement.
  - 10.2 Explain what happens to proteins when they are heated.
11. Name the vitamin that is essential for the absorption of calcium.
12. Give THREE functions of vitamin C in the body.
13. Why do we need water intake into the body?
14. Provide FIVE examples of starch products and a reason we need these foods in the body.
15. Explain what happens to the following types of carbohydrates when they are heated.
  - 15.1 Sugar
  - 15.2 Starch