

Section I

Q1. Outline five groups of food

1. Vegetable group
2. Milk and milk product group
3. Meat and meat products group
4. Fruits group
5. Cereals group
6. Building food group
7. Protecting food group
8. Energetic food group
9. Regulating food group
10. Repairing food group

Q2 Two combination of feeding plants that supply all the essential amino acids in the right amount

1. Soy
2. Beans
3. Peanuts
4. Peas
5. Ground Nuts
6. Coco Nuts

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Q3 Name five roles that dietary ^{Fiber} play in the body.

1. To facilitate digestion
2. To prevent constipation
3. To facilitate waste excretion
4. To reduce cholesterol in the blood
5. To supply energy
6. To prevent high blood pressure

Q4 Describe briefly how we can reduce the risks of cancer among people through feeding.

1. Increase eating food containing zinc
2. Increase eating fruits (Fruit foods)
3. Avoiding fatty foods
4. Avoid too much alcoholic drink
5. Balancing diet
6. Avoid cholesterol food
7. Avoid Burned food
8. Avoid ~~still~~ wire in cleaning of food preparation equipment
9. Consuming fresh foods
10. Consuming food rich in fiber
11. Avoid over eating / over nutrition.

Q5. Identify at least five (5) strategies for health promotion and diseases prevention.

1. Eat a balanced diet
2. To do regular physical exercise / sports,
3. Family planning,
4. To avoid too much fat in the diet,
5. Avoid food rich in cholesterol,
6. Having health insurance / Medical insurance
7. Respecting hygienic rules
8. Respect of Breast feeding for babies until six months
9. Use condom
10. Use abstinence approach.
11. Sleep always in the mosquito net

Q6. Name at least five (5) functions of Zinc in the body

1. Teeth development
2. Bones development
3. Diseases prevention
4. To increase immunity
5. To promote growth
6. To build cells
7. To repair cells
8. Promotion and development of sexual organ
9. Brain development

Q7 How many essential amino acid are there?

→ There are Nine (9) essential amino acid.

Which are they?

1. Histidine
2. Isoleucine
3. Leucine
4. Lysine
5. Methionine
6. Phenylalanine
7. Threonine
8. Tryptophan
9. Valine

→ Histidine is essential in infancy.

Q8 Indicate at least three different ways by which water is lost

1. During sweating
2. Urinating
3. Tears
4. During physical exercise
5. Defecation
6. Vomiting
7. During breathing out
8. Diarrhea
9. Fever
10. Menstruation
11. Breast feeding

Q9 Name four roles of minerals.

1. Prevention of diseases
2. To protect the body
3. To solidify bones
4. To increase immunity
5. Water retention
6. Cells formation
7. Blood formation
8. Tissues formation

Q10 Describe three stages of iron depletion

- Deformation of blood cells
- Destruction of blood cells
- Deduction of blood cells

Q

Q.11. Describe How wastes are removed from the body.

1. * During digestion, after absorption of nutrients wastes are sent to the large intestine to be dehydrated before being removed out of the body through anus.

* Other ways.

Wastes can be removed through:

Sweating

Urine

Tears

Physical exercise

Vomiting

Breathing

Menstruation

Q.12 Name at least two factors and two organs that regulate and contribute to digestion of some food.

* Factors

1. Attractiveness of food.

2. Presence of fiber in the food.

3. Health status / Health condition.

4. Digestive secretion.

5. Digestive tour (Simple movement after eating).

6. Type of daily activities.

7. Psychological status.

8. Taking food at a regular time.

* Organs

1. Salivary gland
2. Tongue
3. Teeth
4. Oesophagus
5. Stomach
6. Liver
7. Pancreas
8. Small intestine
9. Large intestine

Q.13 Name all body cells which contribute in the immune system.

1. White blood cells
2. Antibodies
3. Plasma membranes
4. Red blood cells
5. Lymphocytes
6. Monocyte
7. Phagocytes
8. Mast cells
9. Basophils

Q14. Outline the role of insulin and Glucagon in the body.

* Insulin =

1. Regulate sugar in the body
2. Distribute sugar in the body

* Glucagon =

1. Transform glycogen into glucose
- 2.

Section II

Q15. There are many broad social, economical, biological and Psychological factors affecting infant growth. Indicate at least two factors for each.

a) Social factors.

- i) Conflict in the society
- ii) Irresponsibility in the society
- iii) Group influence (environment)
- iv) No respect of family planning

b. Economical factors

1. Poverty
2. Purchasing power
3. Nutrition
4. Inflation

c. Biological factors

1. Heredity
2. Abnormalities of family / Family abnormalities
3. Health situation of parents.

d. Psychological factors

1. Culture
2. Personal belief
- 3.

Q16 Explain how vitamin C functions as an antioxidant.

1. It is a catalyst found in both animals and plants
 2. It is used to make ascorbic acid used for the conversion of pro-collagen to collagen
 3. It oxidizes proline residues to hydroxyproline
- Ascorbic acid is a redox catalyst which can reduce and neutralize reactive oxygen such as hydrogen peroxide

Q.17a) Name at least four types of oxidants which may be present in food

- Ascorbic acid
- Vitamin C
- Vitamin A, E
- Glutathione
- Lipoic acid
- Uric acid
- Carotene

b) Describe the risks of these oxidants in high dose

- Cancer is a disease characterised by disorganised multiplication of cells
- Allergies: Immunological response of the body to any substance it can not tolerate.
- Birth defects:

It is reproduction troubles characterized by immature birth

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Q18. a) Describe obesity.

* It is an excessive increasing in body weight, normally caused by excess of fat and carbohydrate.

b) Indicate five risks/factors associated with obesity.

- * High blood pressure / Heart disease
- * Arthritis
- * Respiratory troubles
- * Liver problems
- * Sterility
- *

Q 19. Describe the role of the liver

* Detoxification: Elimination of toxic substances from the body

* Protein synthesis: participate in anabolism of plasma proteins

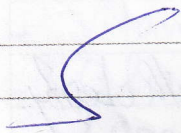
* Insulin production: Synthesis of insulin enzyme for distribution of sugar in the body.

* Production of biochemicals necessary for digestion: Bile and other ~~Secrets~~

* Regulation of glucose storage: It controls the sugar within in reserve.

* Hormone production

* Decomposition of red blood cells



Section III

Q 20 Describe deeply good Nutrition.

* A good Nutrition: It is about a balanced diet, containing all nutrients required by a person in a required quantity and quality composed of food from animal origin and from plants origin.

This diet should be composed of:

- food rich in carbohydrates
- Food rich in fats & lipids
- Food rich in proteins
- Food rich in Vitamins
- Food rich in minerals
- Food rich in water.

Q21 Indicate which foods to provide for the needed nutrients of children

* From birth up to six months provide breast feeding only because it contains all required nutrients in quantity and quality for the baby.

* From six months up to 12 years The child needs a complementary feeding that should be rich in:

- Carbohydrates
- Proteins
- Vitamins
- fats / lipids
- minerals
- water

such as

Cereals, meat / fish Milk & Milk product, fruits & vegetables.

This food provides to the child necessary energy and calories and other materials to build, protect and repair the body tissues.

From 12 to 18 years, this period is characterized by many biological changes.

It is a period of rapid growth so why proteins are required in big amounts to build cells.

Food rich in calories are needed to provide enough energy.

Moderate fat quantity is required

Food rich in iron is needed especially for teenagers girls to provide enough quantity of blood that sometimes excreted during their menstruation to avoid anaemia situation.

A lot of food rich in calcium to solidify bones is required for children.

DRAFT

Question 22. Draw and explain a food Pyramid Guide of your choice.

