

**HOME ECONOMICS DEPARTMENT**

**YEAR 10 WORKSHEET**

**SOLUTION**

**WEEK 2**

**MONDAY (31/05/21) Answer these questions in your Home Ec exercise book.**

1. Copy and complete the following table showing the digestion of the various nutrients:

<b>ORGAN</b>	<b>PROTEIN</b>	<b>FAT</b>	<b>CHO</b>
MOUTH	None	none	Enzyme Salivary amylase/ ptyalin- converts starch to maltose
STOMACH	Enzyme pepsin- breaks protein into smaller chans of amino acids called peptides	none	Hydrochloric acid stops action of salivary amylase- stops breadown of starch to maltose
DUODENUM	Bile neutralises the acid and stops the action of enzyme PEPSIN  Enzyme TRYPSIN breaks peptones into amino acids	Bile emulsifies fat- breaks fat into tiny droplets  Enzyme-Panceatic lipase breaks down fat into fatty acids and glycerol	Enzyme- pancreatic amylase – breaks undigested starch into maltose
Small intestine	Enzyme Erepsin- converts peptones to amino acids- completes protein digestion	Broken down by lipase	Enzyme maltase breaks down maltose into glucose  Enzyme invertase breaks down sucrose into glucose and fructose

2. Name the fluid found in the lacteal vessel in the villus.

Lymph

**TUESDAY 01/06/21**

3. Does pepsin work on protein?  
Pepsin breaks proteins into peptones (small chains of amino acids)
4. What happens to food in the stomach?
- Physical breakdown of food is complete
  - Food forms a creamy consistency called chyme
5. Name the part of the body where digestion ends.  
Small intestine.

**WEDNESDAY 02/06/21**

6. Name the enzyme that digests fats  
Lipase
7. List the final products of digestion of the following nutrients  
Protein- amino acids  
Fats- fatty acids and glycerol  
Carbohydrates- glucose

**THURSDAY 03/06/21**

Give a reason as to why this cooking methods are considered healthy

HEALTHY METHOD OF COOKING	REASON
Boiling	No oil used
Baking	Not much fat used

1. State the importance of proper nutrition.
- Leads to healthy weight
  - Prevents diseases caused by under and over nutrition

**FRIDAY 04/06/21**

2. Discuss how lack of nutritional knowledge affects one's well-being.  
**Poor intake of nutrients can lead to under or over nutrition resulting in disease like marasmas , kwashiorkor, anemia or obesity which can increase the risk of NCD's like heart diseases and hypertension.**
3. What nutritional problems are on the rise in the Pacific Islands?  
**Diabetes- 30% population affected/Hypertension/Obesity/Heart disease/Child obesity/Child diabetes**
4. Discuss why traditional food is better than imported and processed food.
- High in dietary fiber, vitamins and minerals
  - Low in fat, salt, sugar and preservatives