

SUVA SANGAM COLLEGE

YEAR 10

HOME ECONOMICS

WORKSHEET 10

Strand: Food and Nutrition

Sub Strand: Diet and Health

1. People suffering from diabetes should avoid eating
 - A. ice-cream.
 - B. vegetables.
 - C. skimmed milk.
 - D. wholegrain cereals.
2. A child suffering from kwashiorkor should be fed with meals high in
 - A. fats.
 - B. proteins.
 - C. minerals.
 - D. carbohydrates.

3. Nutrition-Related Diseases

Study the Healthy Diet below and answer the questions that follow.



- i. Identify two food that a good sources of iodine.
- ii. Name the nutritional related disease cause by lack of iodine in the body and give **one** symptom of disease.

4. (a) Nutrition-Related Diseases

Match the diseases given in **List A** with their causes from **List B**. Write the letter of the correct cause from **List B** beside the matching disease in **List A**.

List A – Diseases

- i. Diabetes _____
- ii. Goiter _____
- iii. Anemia _____
- iv. Dental Caries _____

List B – Causes

- A. Lack of calcium in the diet.
- B. Lack of iron in the body.
- C. Insufficient production of insulin in the body.
- D. Too much salt in the diet.
- E. Overproduction of insulin in the body.
- F. Malfunction of the thyroid gland