



3055 BA SANGAM COLLEGE

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Worksheet 19

School: Ba Sangam College

Year:12



Subject: Home Economics



Name: _____

Strand	2 HEC 12.2 Food and Nutrition
Sub strand	HEC 12.2.3 Diet and Health
Content Learning Outcome	HEC 12.2.3.1 Explore the utilization of micronutrients and the effects of malconsumption by individuals.

Functions of Dietary Fibre

1. **Bowel Functions** – particularly insoluble fibre helps prevent constipation by increasing stool weight and decreasing gut transit time. By improving bowel function it can reduce the risk of diseases and disorders such as diverticular disease or hemorrhoids and prevent colon cancer.
2. **Blood glucose level** – soluble fibre can slow digestion and absorption of carbohydrates and hence lower the rise in blood glucose that follows a meal and insulin response. This helps people with diabetes to improve their blood glucose level.
3. **Blood cholesterol** – it helps in the prevention of coronary heart disease (CHD) by improving blood lipid profiles.
4. **Other** – helps in weight management by having satiating effect on appetite.

Deficiency diseases	Explanation	Nutrient deficient	Symptoms
Rickets (Osteomalacia and Osteoporosis) 	Rickets is a childhood bones disorder. Osteomalacia or osteoporosis is the weakening of bones in adults.	-Lack of Vitamin D -Not having enough calcium.	- Soft spots on baby's head are slow to close. -Bony necklace. -Curved bones. -Big lumpy joints. -Bowed legs (knees bent out)
Night Blindness and Keratomalacia 	A condition of the eye in which vision is normal in daylight or other strong light but is normally weak or completely lost at night or dim light.	The condition may result from deficiency of Vitamin A or hereditary factor called nyctalopia .	-Poor vision at night or in dim light.

Beriberi 	A deficiency disease which happens when the breakdown of pyruvic acid; a toxic by product of carbohydrate metabolism does not eventuate due to lack of thiamine thus accumulation of this compound causes beriberi.	Deficiency of thiamine (vitamin B1).	-Transmission of impulses along nerves. -Muscle wasting. -Paralysis. -Death.
Pellagra 	A disease due to deficiency of niacin, a B complex vitamin. It is a disease of 4D's: Diarrhea, depression, dementia, and death.	Deficiency of nicotinic acid	-Swollen red tongue. -Diarrhoea -depression -Dementia (madness) -Dermatitis

Activity

(10 marks)

1. Explain what the following diseases does to the body and its symptoms;

i. Rickets-

Symptoms-

ii. Night blindness-

Symptoms-

iii. Beriberi-

Symptoms-

2. State the function of dietary fibre
