

## Worksheet

Topic: Feeding and Digestion

Sub-topic: Nutrients and Diet

Date: March 25, 2020

Write your answers in the spaces provided.

1. (a) Matthew is interested in increasing his body mass. His trainer recommends that his diet should contain more complex carbohydrates and suggests that he use foods such as potato and cassava, which are rich in starch.

- (i) Name a test that Matthew could use to determine the presence of starch in his diet. (1 mark)

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- (ii) Other than potato and cassava, state TWO foods that are rich in starch. (2 marks)

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- (iii) Which of the following foods should Matthew ingest for growth and repair of his muscle tissue: fish, plantain, carrots, and lentil peas? (1 mark)

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- (iv) Name TWO reagents that Matthew should use to test for the presence of protein in his meal. (2 marks)

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- (b) Table 1 shows the number of children (in hundreds) who suffer from diet-related diseases in Country X and Country Y.

Disease	Number of Children	
	Country X	Country Y
Marasmus	65	55
Kwashiorkor	70	30
Scurvy	35	45
Night blindness	20	25

TABLE 1: DIET- RELATED DISEASE OF CHILDREN IN TWO COUNTRIES, X AD Y.

- (i) On a graph paper, draw a bar graph to represent the data in Table 1. ( 3 marks)
- (ii) Which country has the **HIGHER** incidence of **BOTH** marasmus and kwashiorkor?  
(1 mark)
- \_\_\_\_\_
- (iii) Which country has the **LOWER** incidence of diseases altogether? (1 mark)
- \_\_\_\_\_
- (iv) Using your knowledge of nutritional diseases, suggest the major nutrient that may be lacking in the diet of children from Country X that could cause them to develop night blindness, and state **ONE** source of this nutrient. ( 2 marks)

Nutrient \_\_\_\_\_

Source \_\_\_\_\_

- (c) As a result of a change in government, a certain county no longer suffers from the effects of hunger. Suggest TWO diseases that could develop as a result of overeating and lack of exercise. (2 marks)

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