Name ……………………………………………………………………… Class: ………………………………… Date / /

Objectives: The students should be able to:

1- Know what constitutes a balanced and how the nutrient balance and energy content of a diet should relate to the life style of the consumer

# Activity 1

*A-PUT TRUE OR FALSE*

1. Carbohydrates provide the body with energy ( T )
2. Proteins are needed by the body to regulate the metabolism ( F )
3. A nutrient is a substance in food that provides a benefit to the body ( T )
4. Proteins are made of amino acids (T )
5. Micronutrients are needed to regulate the body’s metabolism ( T )
6. Proteins help the body to grow and repair body cells ( T )

:B-Write the scientific term for

1- It is a substance in food that provides a benefit to the body ( NUTRIENT )

2- It is one of food substances that supplies the body with energy. ( FATS- CARBOHYDRATES )

3-It is one of food substances that help the body to grow and repair body cells ( PROTEINS )

4- They are called micronutrients ( VITAMINS AND MINERALS )

5-It is one that provides an adequate intake of the nutrients and energy needed to sustain the body and ensure health and growth ( A BALANCED DIET )

6-It is the rate at which energy is used up when the body is at rest (Basal metabolic rate )

7-Women have a lower energy requirement than men ( GENDER )

8-Children have a greater energy requirements than adults ( AGE )

9-They are the most important factors determining the energy requirements of an individual (Metabolic rate and physical activity )

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C – Choose the correct answer

1. Bone fracture is an example of………………

a-inherited disease b-physical diseases

c-deficiency diseases d-mental diseases

2-Influenza is an example of ………………………

A - social diseases b- infectious diseases

c-deficiency diseases d- inherited diseases

3-Paranoia is an example of ………………….

A –self-inflicted diseases b- mental diseases

c-degenerative diseases d-inherited diseases

4- - Rickets is an example of ………………………….

1. Physical diseases b-deficiency diseases
2. Infectious diseases d- social diseases

# Activity 2

1. Write the scientific term for

1-An infectious disease is always present in a population such as mumps ( )

2-The disease spreads over a wide area such as the whole world ( )

3-an infectious disease spreads rapidly through a population ( )

B-Put true T or false F

1-Mumps and measles are examples of endemic diseases ( )

2-AIDS is an example of pandemic disease ( )

3-Spreading of new strains of influenza is an example of epidemic disease ( )

4-Examples of endemic diseases is AIDS ( )

5- Tuberculosis is an example of endemic and pandemic ( )

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