



Test 2 Study Page • Summary


Foods contains different nutrients that are necessary for the body to function. They include:




Proteins: build and repair body structures like bones and muscles. Milk and fish are rich in protein.



Lipids: provide the energy that is stored in tissue as body fat. Butter, oil, mayonnaise and peanuts have a high quantity of lipids.



Vitamins and Minerals: regulate different processes in the body. Fruits and vegetables are rich in vitamins and minerals.



Carbohydrates: provide immediate energy for the body. Pasta, bread and potatoes are rich in carbohydrates.

A balanced diet means eating foods with the right nutrients and portions for your body.

Vitamin or Mineral	Function	Food Sources
Vitamin B	Contributes to the functions of the nervous, digestive and muscular systems—for example, it maintains the structure of nervous system cells	red meat, legumes
Vitamin D	Helps the body absorb calcium, which strengthens bones and teeth	fish, milk, cheese, yogurt
Iron	Forms part of the red blood cells and has an important role in oxygen transportation	green vegetables, eggs, red meat
Calcium	Helps bones and teeth grow and helps blood clot	dairy products, almonds

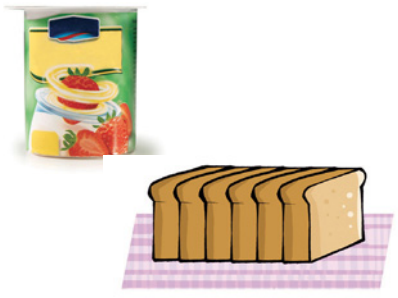
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Microorganisms, like bacteria, fungi and viruses, can have positive and negative effects on our bodies. Although it is debatable whether they are living beings, viruses are part of this group because they cause diseases.

Negative Effects: bacteria, fungi and viruses cause illnesses like cholera, typhoid fever, tuberculosis, chicken pox and AIDS.



Positive Effects: bacteria form part of our human microbiome and produce vitamin K. Fungi and bacteria are used to make antibiotics and insulin. They are also important ingredients in foods like cheese, yogurt and bread.



One way to avoid illnesses is to have healthy habits, like good hygiene.

Microorganism	Structure	Diseases
bacteria	unicellular	typhoid, cholera
fungi	unicellular or multicellular	ringworm, such as athlete's foot
viruses	no complete cell	the flu, AIDS





Section 1

1. Look at the images.



a. Which meal shows part of a balanced diet? Explain.

b. Which meal shows part of an **unhealthy** diet? Explain.

c. Complete the table with the principal nutrient of each meal and its function.

Meal	Principal Nutrient	Function
A		
B		

Section 2

2. Match the types of illnesses with the descriptions.

- a. Degenerative diseases

are caused by parasites that live inside or outside our bodies and have negative effects.
- b. Deficiency diseases

are caused by microorganisms. They act fast and are very contagious.
- c. Infectious diseases

are caused by the deterioration or aging of an organ.
- d. Parasitic diseases

are caused by the lack of or deficiency of necessary nutrients.

3. Complete the diagram.

