Checklist on FOOD Chapter



At the end of this section I know……

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1. Why food is necessary ❑
2. Can name the elements in food 6 common, 5 dissolved, 3 trace ❑
3. The 4 major types of biomolecules found in food ❑
4. Definition and examples of anabolism and catabolism ❑
5. Know the elements EACH in carbohydrates. Fats, proteins ❑
6. Know the sub-units EACH of carbohydrates, fats, proteins ❑
7. Know what monosaccharides, disaccharides and polysaccharides are ❑
8. Distinguish between terms lipids, fats and oils ❑
9. What a triglyceride is ❑
10. What a phospholipids is and where they are found in cell ❑
11. TEST for protein, (chemicals/colour change etc) ❑
12. TEST for starch, (chemical/colour change etc) ❑
13. TEST for reducing sugar (chemical/heat/ colour change etc) ❑
14. TEST for fat (chemical/colour change etc) ❑
15. Structural role of carbohydrates ❑
16. Structural role of proteins ❑
17. Structural role of lipids in phospholipids in membranes ❑
18. Role of fats in storage, insulation, protection ❑
19. Metabolic role of carbohydrates and lipids ❑
20. Metabolic role of proteins ❑ (enz, hor)
21. Function, solubility and deficiency disorder of Vit C ❑
22. Function, solubility and deficiency disorder of Vit D ❑
23. 3 general uses of minerals ❑
24. name and functions of 2 minerals in plants ❑
25. name and functions of 2 minerals in animals(humans) ❑
26. 5 ways water is important for living organisms ❑