

17 – Nutrients in food

01. Tasks to be done by student :

- Pay attention on **Activity 17.3, 17.4, 17.5** and **Activity 17.6** on pages 93 to 95 of your text book.
- Study about **How to identify Glucose, Starch, Protein and Lipid** in food, by studying the contents well under the sub topic of **Tests to identify food** on pages 93 to 95 of your text book.
- Do the **Activity 17.7** and **Activity 17.8** on page 95 and 96 of your text book.
- Study about **The balanced diet** and **Possible side effects due to lack of a balanced diet** by studying the contents well under the sub topic of **Balanced Diet** on pages 95 to 98 of your text book.
- Prepare a short note what you learnt here.

02. Resources that can be used for above activities:

- Pupils text book – part II (pages 93 to 98)
- E-nenapiyasa
<https://www.enenapiyasa.lk/lms/course/view.php?id=22#section-17>
- E-Thaksalawa
<https://www.e-thaksalawa.moe.gov.lk/moodle/course/view.php?id=966#section-17>
- NIE Guru Gedara
https://www.youtube.com/watch?v=gP_qdZSeCOM&list=PLIyv4_Vxwl-xd8J9UVwCMKViQFPGDfTwL&index=7

03. Learning outcomes to be achieved in this lesson :

- Conduct simple tests to identify starch, protein and lipids
- Accept that a balanced diet contains all nutrients needed in sufficient quantities

04. Evaluation :

- i. Write three functions of water that affect for our healthy body.
- ii. State 2 advantages of having food rich in fibre
- iii. Name 4 non-infectious diseases
- iv. Name 2 food sources that contain following vitamins
 - a) Vitamin A
 - b) Vitamin B
 - c) Vitamin K