

# Chemistry

## Delprov A2

engelsk version

Årskurs

9

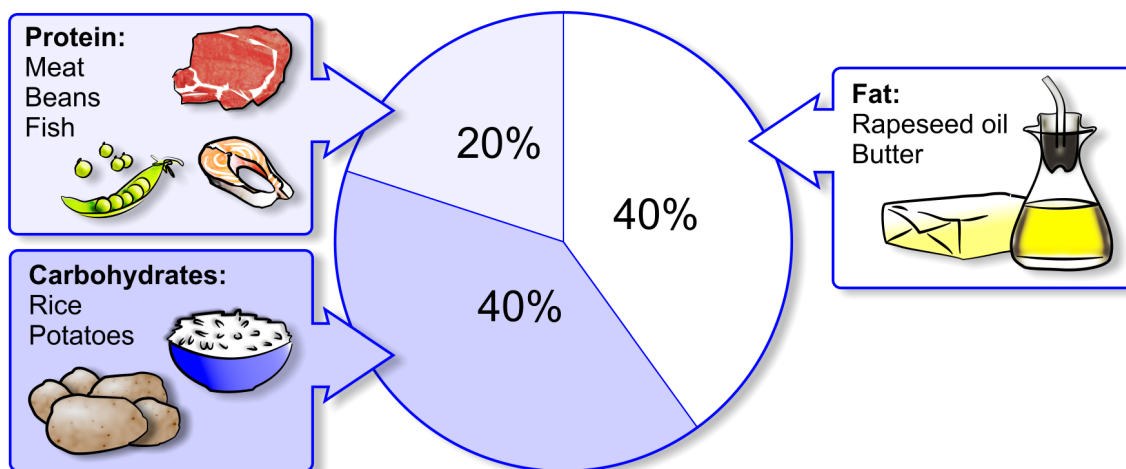
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Elevens namn och klass/grupp

## 10. Food advice for good health

Today there is a major interest regarding food and health. In media, there are discussions about food advice and what health is all about. The discussions give different signals about the distribution of the nutrients protein, fat and carbohydrates contributing to a good food habit and thereby good health.

You are following a health blog. The blogger discusses different food advice. The blogger recommends a distribution of the nutrients protein, fat and carbohydrates in the food.



Your task is to write a contribution on the blog where you agree with the blogger or recommend another distribution of the nutrients protein, fat and carbohydrates in the food.

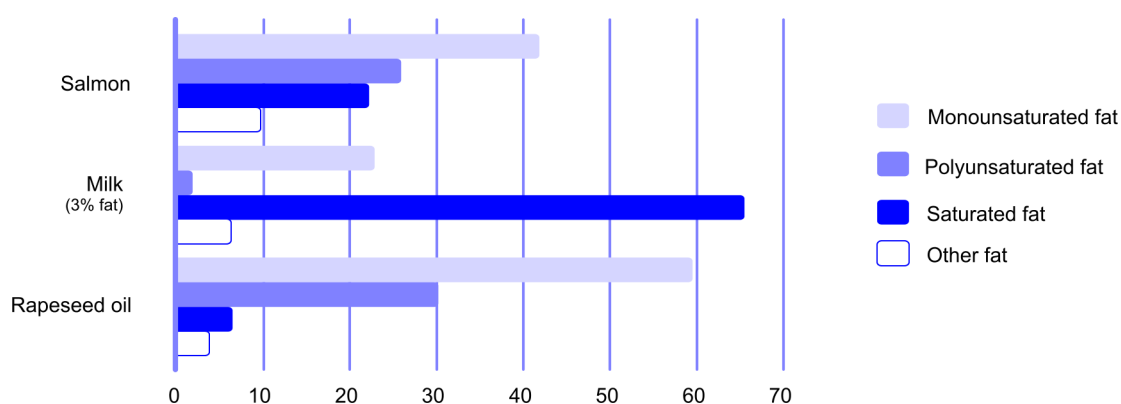
In the contribution, you are supposed to:

- **Take a position**  
Recommend a distribution of the nutrients protein, fat and carbohydrates in the food.
- **Use the information from the fact sheet**  
Give advantages **and** disadvantages with the different nutrients using the three different aspects: energy content, structure and function in the body and the nutrients are found for instance in....
- **Use your chemistry content knowledge**  
Reason about the advantages **and** disadvantages with the three nutrients.
- **Adjust your text**  
Describe **explicitly** to the blogger why the distribution you recommend is the best.



Fact sheet		Nutrients		
		Protein	Fat	Carbohydrates
Aspects	Energy content	17 kJ/g	37 kJ/g	17 kJ/g
	Structure and function in the body	<p>Made of long chains of amino acids. The body can produce 12 out of 20 amino acids, the rest have to be eaten.</p> <p>Act as enzymes, hormones and as construction material in the body.</p> <p>Act as a defence and transport protein in the body.</p> <p>Used as energy source when lacking carbohydrates or fat.</p> <p>Physical activity enhances protein circulation in the muscles.</p>	<p>Needed to construct cells, produce hormones and absorb vitamins in the body.</p> <p>Used as energy source when lacking carbohydrates.</p> <p>Exist as saturated and unsaturated fats.</p> <p>Essential fatty acids like omega 3 and omega 6 are found in unsaturated fat.</p> <p>See Figure. Percentage distribution of fatty acids in 100 grams of different foodstuff.</p>	<p>Made of monosaccharides and disaccharides.</p> <p>Exist as fast and slow carbohydrates.</p> <p>Act as fuel for cells in the body.</p> <p>Stored as convenient energy in the body's muscles.</p> <p>Bulk is good for the function of the intestinal.</p>
	The nutrients are found for instance in...	... animal foodstuff like meat, fish and egg, but also in vegetable foodstuff like peas, beans and grain.	... butter, rapeseed oil, avocado and nuts.	... bread, flour, grain, wholegrain pasta, potato, fruit, vegetables and legumes.

Figure. Percentage distribution of fatty acids in 100 grams of different foodstuff.



[illegible]



[illegible]



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