

WJEC Wales Biology GCSE

1.3 (j) to (l) - Diet and Health

Flashcards

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What molecules are required by the body
for a balanced diet?



What molecules are required by the body for a balanced diet?

- Carbohydrates
- Proteins
- Lipids
- Minerals
- Vitamins
- Fibre
- Water



What is the function of glucose in the body?



What is the function of glucose in the body?

- Used in respiration to release energy
- Converted to glycogen and stored



Where is glycogen stored?



Where is glycogen stored?

In the liver



What is the function of fatty acids and glycerol in the body?



What is the function of fatty acids and glycerol in the body?

Energy store



What is the function of amino acids in the body?



What is the function of amino acids in the body?

Amino acids join together in long chains to form proteins which are used for growth



Why are minerals required by the body?



Why are minerals required by the body?

Required for a range of different functions
e.g. iron required for the synthesis of
haemoglobin in red blood cells



Why are vitamins required by the body?



Why are vitamins required by the body?

Required for a range of different functions
e.g. vitamin C involved in formation of
collagen and functioning of immune system



What happens when the body doesn't receive enough vitamins or minerals?



What happens when the body doesn't receive enough vitamins or minerals?

Deficiency diseases develop

e.g. iron deficiency causes anaemia

e.g. vitamin C deficiency leads to scurvy



Why is water required by the body?



Why is water required by the body?

- Main component of cells
- Enables chemical reactions to take place within cells
- Transport medium for glucose, minerals etc.



What is the function of fibre in the body?



What is the function of fibre in the body?

Provides bulk which aids the movement of food via peristalsis



What type of food releases the greatest amount of energy per gram?



What type of food releases the greatest amount of energy per gram?

Lipids



What happens to excess carbohydrates in the body?



What happens to excess carbohydrates in the body?

- Stored as glycogen in the liver
- When stores become full, glycogen converted to fats
- Fats stored beneath the skin and surrounding organs



Outline the health risks associated with obesity



Outline the health risks associated with obesity

- Cardiovascular disease
- Cancer
- Type 2 diabetes



Outline the health risks associated with a diet high in sugar



Outline the health risks associated with a diet high in sugar

- Type 2 diabetes
- Obesity
- Tooth decay



Outline the health risks associated with a diet high in salt



Outline the health risks associated with a diet high in salt

- High blood pressure
- Cardiovascular disease

