

Introduction

This worksheet is designed to assess your understanding of human nutrition, specifically the importance of nutrition for human health, the process of digestion and absorption, the role of different nutrients in the body, and the relationship between diet and disease prevention.

Section 1: Multiple Choice Questions

Choose the correct answer for each question.

1. What is the primary function of carbohydrates in the human body?
- a. To build and repair tissues
 - b. To provide energy for the body
 - c. To regulate body temperature
 - d. To maintain healthy skin and hair

2. Which of the following nutrients is essential for healthy bone development?
- a. Protein
 - b. Fat
 - c. Carbohydrates
 - d. Calcium

3. What is the main function of the small intestine in the digestive system?
- a. To absorb water and electrolytes
 - b. To break down proteins into amino acids
 - c. To absorb nutrients into the bloodstream
 - d. To eliminate waste products

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4. Which of the following is a benefit of a diet high in fiber?
- a. Increased risk of heart disease
 - b. Improved digestion and bowel health
 - c. Increased risk of certain cancers
 - d. Decreased risk of osteoporosis

5. What is the role of the pancreas in the digestive system?

- a. To produce digestive enzymes
- b. To regulate blood sugar levels
- c. To absorb nutrients into the bloodstream
- d. To eliminate waste products

Section 2: Short Answer Questions

Answer each question in complete sentences.

1. Describe the process of protein digestion in the human body. (5 marks)

2. What is the role of fiber in the human diet? (3 marks)


3. Explain how the body regulates blood sugar levels. (5 marks)

4. What are the benefits of a diet rich in fruits and vegetables? (5 marks)

5. Describe the importance of hydration in maintaining good health. (3 marks)

Section 3: Diagram Labeling

Label the following diagram of the human digestive system.

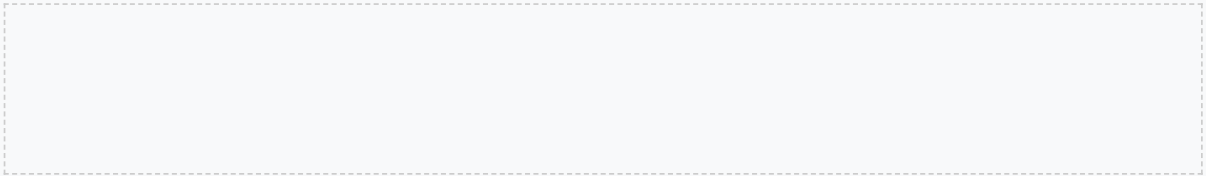
 Human Digestive System Diagram

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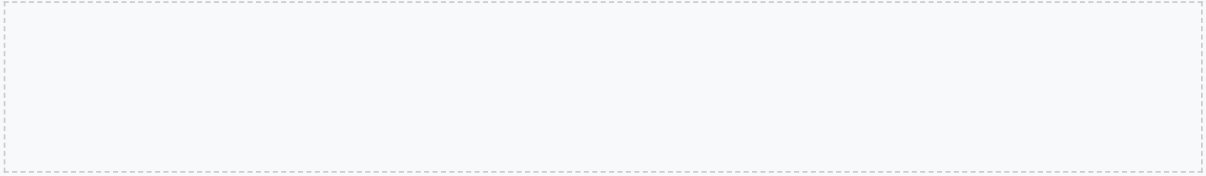
1. Mouth

2. Esophagus

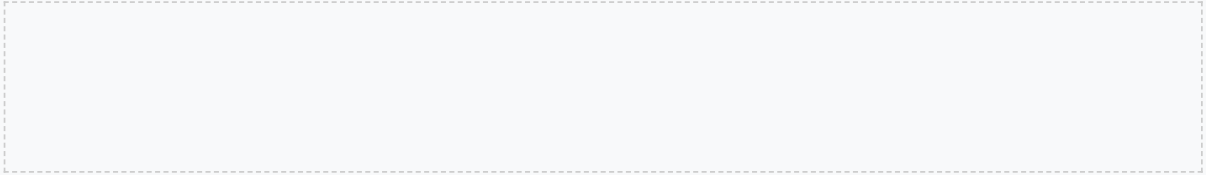
3. Stomach



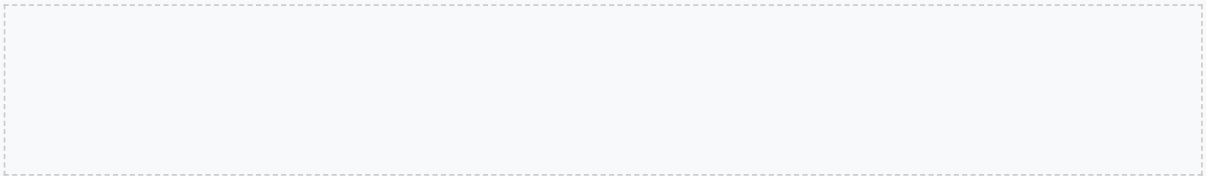
4. Small intestine



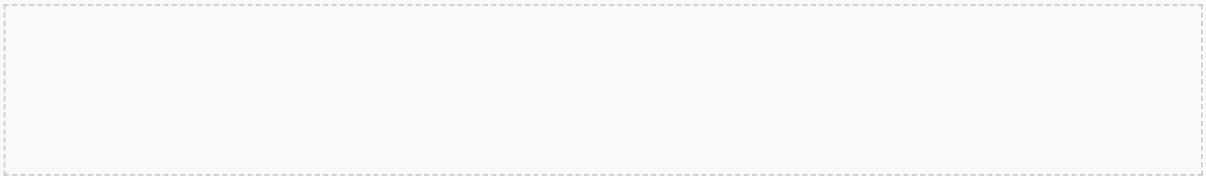
5. Large intestine



6. Liver



7. Pancreas



Section 4: Case Study

Read the following case study and answer the questions that follow.

A 35-year-old male who is overweight and has a family history of heart disease. He consumes a diet high in saturated fats and low in fiber.

1. What dietary changes would you recommend for this individual to reduce his risk of heart disease? (5 marks)

2. How does a diet high in saturated fats contribute to the development of heart disease? (5 marks)

Section 5: Critical Thinking Questions

Answer each question in complete sentences.

1. What are the potential health consequences of a diet lacking essential nutrients? (5 marks)

2. How does the digestive system adapt to changes in diet and lifestyle? (5 marks)

3. What are the benefits and drawbacks of a vegetarian diet? (5 marks)

Conclusion

This worksheet is designed to assess your understanding of human nutrition and its importance in maintaining good health. Remember to answer each question to the best of your ability and use complete sentences for short answer questions.

Marking Guide

The marking guide is provided as a general guideline and may vary depending on the instructor's discretion.

- Multiple Choice Questions: 1 mark per question
- Short Answer Questions: 3-5 marks per question, depending on the complexity of the question
- Diagram Labeling: 1 mark per correct label
- Case Study: 5 marks per question
- Critical Thinking Questions: 5 marks per question

