




1.3.1 – 4 Food, Elements, Biomolecules & Sources

Self Assessment

Where is your learning at?

- Green: I know it all
 Orange: I have some idea – check the answers
 Red: I need to start studying this section

	Can You	Green 	Orange 	Red 
1	State the function of food			
2	Name three reasons for requiring food			
3	Name six common chemical elements in food			
4	Name five elements present in dissolved salts			
5	Name 3 trace elements required			
6	Define Biomolecular Structures			
7	Give, in simple biomolecular units, the ratio of the combination of elements?			
8	State the general formula for a carbohydrate?			
9	Name the element components, biomolecular components and sources of: carbohydrates, fats & oil and proteins.			
10	Give examples of the indivisible units that carbohydrates are composed of			
11	State what a vitamin is			
12	Name one water-soluble vitamin Name one water in-soluble (fat-soluble) vitamin			
13	List the sources of these vitamins			