

Book 4 Unit 1 Chapter 1-2 **Self-learning Zone (1)**

Grade:

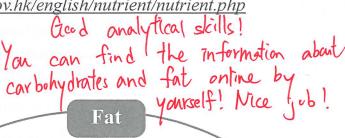
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Module and Topic: Book 4 Ch.1 Food and Nutrients

Carbohydrates and Fat

What are the similarities and differences between carbohydrates and fat? Visit the Centre for Food Safety website and complete the Venn diagram.

Centre for Food Safety website: https://www.cfs.gov.hk/english/nutrient/nutrient.php



Inspire Thinking Deepen Learning

Carbohydrates

Food items:

Noodles , potatoes

and cereal.

A lack of which may lead to:

Not enough energy for our daily activities. Similarities

Uses:

Provide

for our daily activities.

Keep the body

Food items:

Butter and oil.

A lack of which may lead to:

Problems such as slow

growth and dry skin.

A What may happen if we eat too much food high in fat?

· Overweight

· Diabetes.