



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

Grade: A

28/2

Date: 27/2/2023

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.

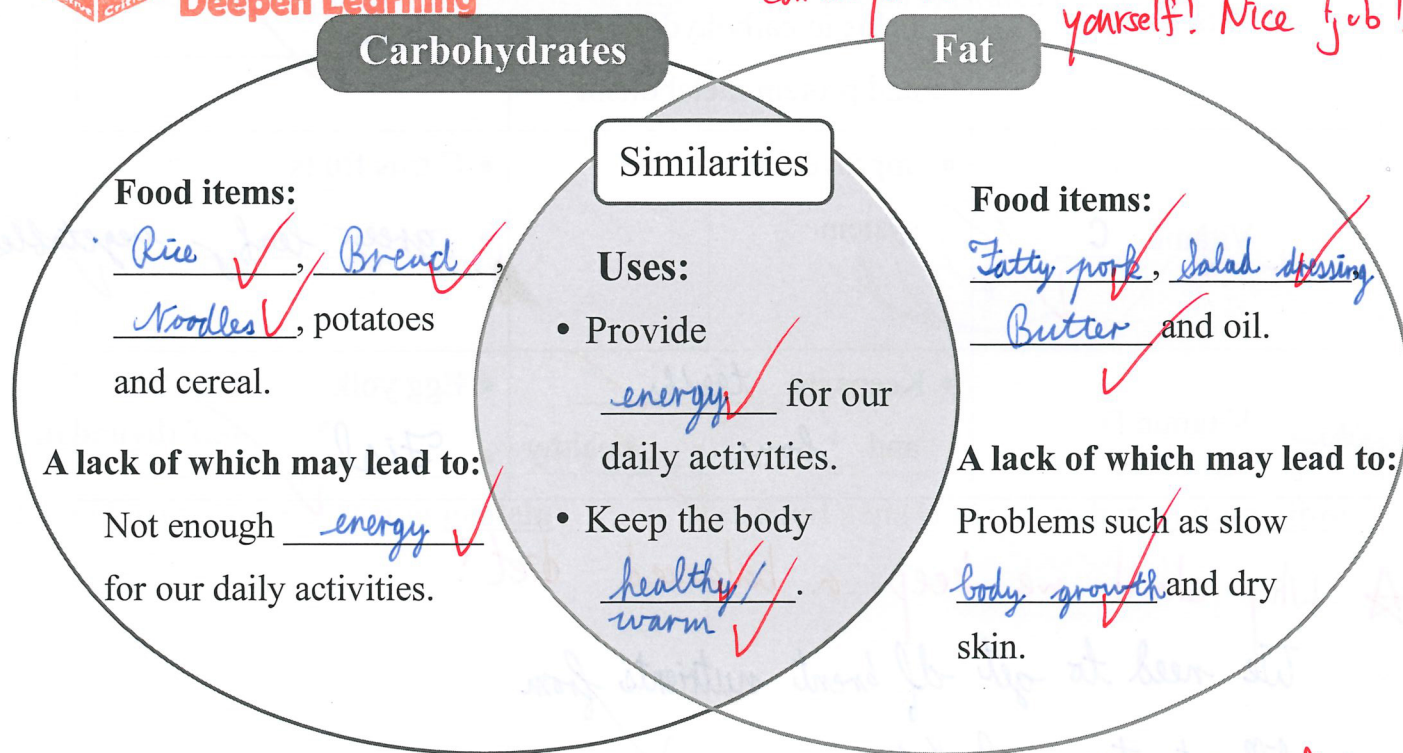


Centre for Food Safety website: <https://www.cfs.gov.hk/english/nutrient/nutrient.php>



提思・學穩  
Inspire Thinking  
Deepen Learning

Good analytical skills!  
You can find the information about carbohydrates and fat online by yourself! Nice job!



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

- Overweight ✓
- Diabetes ✓