AQA Knowledge test Unit 1 Biology B1.1 Keeping healthy B1.1.1 Diet and exercise

Complete the table to describe the uses of groups:

Nutrient group	Needed for
Carbohydrate	energy for life processes
Fats	energy for life processes: fats to make cell membranes: insulate bodies
Proteins	growth and repair - building cells: energy for life processes
Vitamins and Minerals	needed in small amounts for healthy functioning of the body

- 2. What is meant by the term "malnourished"?

 If your diet is not BALANCED.
- What are some of the effects of not having a balanced diet?
 A person can become over/underweight or suffer from a deficiency disease.
- 4. What happens to a persons if the energy in is not balanced with the energy out?
 - If there is LESS energy in a person becomes underweight.

 If there MORE energy in than out a person becomes

 OVERWEIGHT or OBESE.
- What is metabolic rate and what affects it?
 Rate that chemical reactions occur in cells affected by age, gender and level of activity.
- 6. What is cholesterol?

 Cholesterol is made in the liver and is needed for healthy cell membranes.
- 7. Describe the differences between good and bad cholesterol.

 Bad Cholesterol (Low density lipoproteins -LDL) Carry cholesterol to cells, high levels of LDLs cause fat to build up in the artery.

 Good Cholesterol (High density lipoproteins -HDL) Carry

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Shasha Hu

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