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| **CARBOHYDRATES** | **CALCULATING BMI****LIST THE FACTORS THAT MAY AFFECT DIET / FOOD INTAKE** | **WHAT IS A BALANCED DIET?** |
| **PROTEIN** | DIET & NUTRITION | **PROBLEMS ASSOCIATED – DEFICIENCIES OR EXCESS*** **Obesity (and link to CV diseases)**
* **Anaemia**
* **Beri Beri**
* **Rickets**
* **Osteoporosis**
* **Scurvy**
* **Anorexia**
* **Kawashiorkor**
* **Marasmus**
* **Neural Tube defects**
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| **LIPIDS** | **FOOD TESTS****Benedict’s Test****Biuret Test****Iodine Test****Grease Spot Test** |
| **MOUTH & OESPHAGUS** | **STOMACH** | **SMALL INTESTINES** |
| **PANCREAS** | **DIGESTION** |
| **LIVER & GALL BLADDER** | **LARGE INTESINES** | **DISEASES / PROBLEMS*** **Bowel Cancer**
* **Appendicitis**
* **Constipation**
* **Diarrhoea**
* **Gall Bladder Stones**
* **Stomach Ulcers**
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