

# Mention the full question

Day: \_\_\_\_\_ Date: / /

statement for proper evaluation.  
Without that, these are just notes  
and cannot be awarded marks

## Assignment 1

### Topic: Carbohydrates

Definition  
Carbohydrates or Carbs are Sugars, Starch and dietary fiber that are Present in different foods. The body break them into or glucose to Provide us energy in order to Perform different functions.

### Examples:-

- Starch:-** Wheat, Oat, Corn, Potatoes and Dried beans contain Starch.
- Sugar:-** Sugar is Present in honey, bread, fruits, milk, Soda and cakes etc.
- Fiber:-** There is fiber in undigested part of fruits & vegetables.

### Characteristics of Carbohydrates:-

- Carbohydrates are chemical compounds that contain oxygen, hydrogen & carbon.
- They contain large quantity of hydroxyl group (OH).
- The function of carbohydrates are short term energy storage.
- Their general formula is  $C_x(H_2O)_y$ .

### Types of Carbohydrates

There are two types of carbohydrates

- Simple carbohydrates
- Complex carbohydrates

#### a) Simple Carbohydrates:-

→ A body can easily digest simple carbohydrates. So they tend to increase blood sugar



# Classification?? Sources??

Date: / /

level.

- > Too much intake of simple carbohydrates leads to weight gain.
- > They can also increase risk of diabetes, heart diseases & it high of cholestrol.

## Complex Carbohydrates.

- > It takes time for body to break down complex carbohydrates so they will not increase blood sugar level.
- > There are vitamins, minerals & fibers that our body need.

2)

## Topic: Lipids

### Definition..

Lipids are fatty compounds that perform different functions in our body.

- > They can be dissolved in some bodily fluids but not in water.

### Example..

- Phospholipids
- Sterols
- triglycerides
- Waxes.

### Characteristics of lipids..

The characteristics of lipids are

- They are used for the transport of fat soluble vitamins A, D, E & K.
- They are necessary for the insulation of vital organs of body.
- > They can be saturated or unsaturated.



## Types of lipids

### a) - Triglycerides:

These are the main form of lipids in our body. More than 95% of the lipids in diet are triglycerides.

### b) Phospholipids

→ Phospholipids are present in both plants and animals but they are just 2% of dietary lipid.

→ As phospholipids are also ~~consumed~~ synthesized by the body so they do not need to be consumed by body.

### c) Sterols:

→ The structure of sterols is different from triglycerides & phospholipids.

→ They are complex molecules that contain interlinking rings of carbon atoms, with side chains of carbon, hydrogen, and oxygen attached.

3)

## Topic: Proteins

### Definition

~~Proteins~~ Proteins are the combination of residues of amino acid & peptide bonds.

Examples: following are the examples

- Collagen
- Insulin
- Anticorps

### ~~Functions~~ Functions

- a) They help in healing & repairing process in body.
- b) They increase the immunity of body.
- c) They provide better defense system.

# Characteristics

→ Proteins are macromolecular Polypeptides.

→ Macromolecular Polypeptides are made up of several amino acids bound to the peptides.

## Types of Proteins

There are seven types of Proteins

a) Enzymes

b) Storage Proteins

c) Transport Proteins

d) Antibodies

e) Hormonal Proteins

f) Structural Proteins

g) Contractile Proteins

Short notes and content is missing. Add more detail