**THE STANDARD MEASURE SERIES 1**

**GRADE 8 TERM 1 OPENER (ENTRY) EXAM 2024**

**HEALTH EDUCATION**

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1. name three Examples of macronutrients

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1. Outline three Examples of micronutrients are:

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1. What are Carbohydrates?

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1. Name the Examples of foods that provide energy

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1. When we lack carbohydrates in the body, we are likely to experience the following signs and symptoms; name them

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1. Lack of proteins in the body leads to a disease called ...................................................
2. A person suffering from the disease named above has the following signs and symptoms. Outline them.

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1. Match the following food to its correct group



VITAMIS CARBOHYDRATES PROTEINS

1. The following table describe vitamin D,.FILL IN the sources, functions in the body and deficiency diseases they cause as well as signs and symptoms.

Discus the following nutritional deficiency diseas under the headings given

VITAMIN SOURCE DISEASE SIGNS AND SYMP TREATMENT

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| Vitamin D |  |  |  |  |

1. What is the Role of water and Dietary fibre in promoting health.

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1. What is the Role of Fibre in promoting health.

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1. How can We can take care of Plants and animal?

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1. Name the following parts of the human digestive system.

