**QUIZ TEST GRADE 8 NAME**: ………………………..

1. List four examples of :
2. Proteins

……………………………………………………………………………………… [1]

1. Carbohydrates

……………………………………………………………………………………… [1]

1. Lipids

……………………………………………………………………………………… [1]

1. Vitamins

……………………………………………………………………………………… [1]

1. Minerals

……………………………………………………………………………………… [1]

1. Source of fibres.

……………………………………………………………………………………… [1]

1. Explain the importance of proteins and carbohydrates to:
2. Lactating woman

……………………………………………………………………………………… [1]

……………………………………………………………………………………… [1]

1. Growing baby

……………………………………………………………………………………… [1]

……………………………………………………………………………………… [1]

1. Sick child

……………………………………………………………………………………… [1]

……………………………………………………………………………………… [1]

1. State the nutritional disease caused by a deficiency of :
2. Kwashiorkor

……………………………………………………………………………………… [1]

1. Rickets

……………………………………………………………………………………… [1]

1. Marasmus.

……………………………………………………………………………………… [1]

1. Retailor shops need to introduce shopping bags made of biodegradable in order to reduce pollution.
2. What do you understand by the term biodegradable?

……………………………………………………………………………………… [1]

1. Give one example of biodegradable material that can be used to make shopping bags.

……………………………………………………………………………………… [1]

1. What kind of pollution would non-biodegradable materials cause?

……………………………………………………………………………………… [1]

1. How can the concept of recycle, reuse and reduce be used to prevent pollution.

……………………………………………………………………………………… [1]

1. Mention two effects of land pollution.

……………………………………………………………………………………… [1]