

Food and Textiles Grade 8  
Answers to Tutorial 1

- 1(a) Protein , carbohydrates ,Fats, Vitamins, Minerals and water.  
(b)Animal sources of protein : fish, meat, chicken, egg, milk, cheese, yoghurt.  
Plant sources of protein :pulses, dried beans,nuts, soya chunks,teokon.  
(c) Importance of **protein** :  
for growth ,  
repair of injured or damaged body tissues,  
maintenance of body tissues .

**Sugar and starches :**  
Provide energy to the body to carry out the daily activities

**Dietary fibres:**  
Prevents constipation  
Helps lower blood cholesterol  
Provides a feeling of fullness of the stomach  
Helps control weight  
Reduces risk of colon cancer

- 2 (a)kwashiorkor  
(b) dietary fibre  
(c) plant  
(d) dental caries , diabetes, obesity  
(e) energy  
(f) constipation , weight gain

- 3(a) shoes , bags, belt, caps .  
(b) jeans and t- shirt  
Sweatpants and t- shirt  
Bermudas and tank tops  
Jeans and short sleeved shirt

( c ) name of recipe  
No. of servings

List of ingredients  
Preparation time  
Method / step by step  
Variations

(d) mix and match items are coordinated ensembles like t-shirts and shorts , blouses and skirts , shirt and jeans etc. which can be interchanged to get a wider variety of clothing.

(e) It helps to save money .

We make maximum use of the clothes we have.

It helps to combine different items of clothing to add variety to your wardrobe.

4. (a) True  
(b) True  
(c) False  
(d) True  
(e) True