**7.1** A balanced diet contains these nutrients:

carbohydrates fats proteins vitamins minerals water

1. Which of these nutrients are organic, and which are inorganic?

Organic: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Inorganic: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Which of these nutrients can provide energy?

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1. What is the role of fibre in the diet?

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**7.2** List three health problems associated with obesity.  
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**7.3** What is coronary heart disease?  
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**7.4** What is the difference between starvation and malnutrition?  
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**7.5** What is meant by a deficiency disease?  
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**7.6** Give two examples of deficiency diseases.  
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