

**Structure of Nutrients:**

1. Explain the differences between monosaccharides and disaccharides [10 marks]
2. Describe the functions of lipids in the diet. [2 marks]
3. Explain the differences between saturated and polyunsaturated fatty acids. [4 marks]
4. Explain why some proteins have a higher biological value than others. [4 marks]
5. Describe the process of denaturation, making reference to the chemical structure of proteins. [3 marks]
6. Explain the four stages in folding protein molecules [4 marks]
7. With reference to their structure describe why some carbohydrates provide a slower release of energy than others. [4 marks]
8. Explain the complementary action of protein foods. [8 marks]
9. Compare the chemical structure and characteristics of simple and complex carbohydrates. [6 marks]
10. Describe the functions of lipids in the diet. [3 marks]
11. Explain the difference between soluble and insoluble Non-Starch Polysaccharide (NSP) [8 marks]
12. Discuss why an adult's diet should meet the recommended daily intake of Non-Starch Polysaccharide (NSP). [4 marks]
13. Explain the difference between fats and oils. [4 marks]
14. Explain why some proteins have a higher biological value than others [6 marks]
15. Describe the process of denaturation, making reference to the chemical structure of proteins.[10 marks]
16. Describe the difference between sources of "visible" and "invisible" fats and oils [4 marks]
17. Other than from food sources, outline how the body obtains vitamin D. [3 marks]
18. Describe the molecular structures of the following complex carbohydrates. [4 marks each]  
You may use diagrams to support your answer.  
(i) Starch  
(ii) Cellulose
19. Explain the role of dietary fibre (NSP) in the body. [6 marks]