**Control of blood glucose and dietary requirements**

**Dietary needs**

|  |  |  |
| --- | --- | --- |
| Dietary component | Example of source | Importance in diet |
| Carbohydrate  | Starch: pasta, potato, bread |  |
| Carbohydrate (fibre) | Vegetables/ fruit |  |
| Protein |  |  |
| Lipid |  |  |
| Vitamins (eg. vitamin C) |  |  |
| Mineral ions (eg. Na+ and K+) |  |  |

**Control of blood glucose**

Which organ produces hormones involved in controlling blood sugar?

Which cells produce insulin?

Which cells produce glucagon?

|  |  |  |
| --- | --- | --- |
|  | **HIGH blood glucose** | **LOW blood glucose** |
| Which hormone is produced? |  |  |
| From which cells? |  |  |
| What is the result? | *(Aim for three things)* | *(Aim for two things)* |

**Diabetes**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Type | Name | Problem | Cause | Treatment |
| I |  | Cannot produce insulin |  |  |
| II | Insulin independent |  | Often causes by glucose-rich diet and obesity |  |