Næringsstoffer

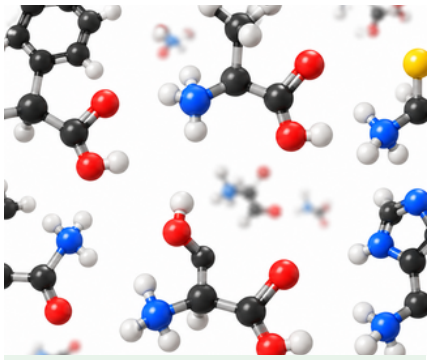
Samarbeidsoppgave

Oppgave: Forklar muntlig hva som skjer.

- Her er noen bilder som handler om næringsstoffer. Se på bildene.
- Finn fagord som passer til bildene. Skriv ned fagordene under bildene. Du kan gjerne samarbeide med en medelev.
- Forklar muntlig til en medelev hva som skjer på bildene. Bruk fagordene når du snakker.



Proteiner



Aminosyrer

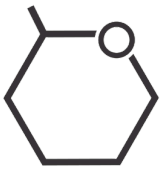
Forklar muntlig: Proteiner bygger kroppen. Proteiner er laget av aminosyrer. Hvis du ikke får nok aminosyrer, kan kroppen ikke lage proteiner. Da kan du bli svak og kroppen fungerer dårlig.

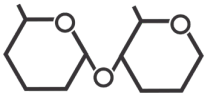
a)





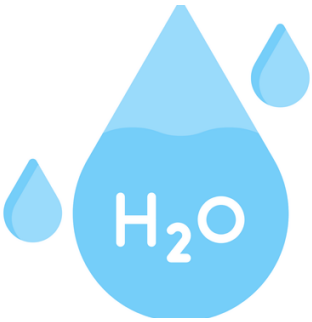
b)







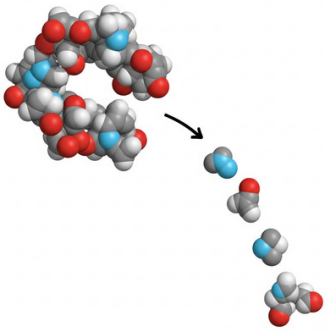
c)





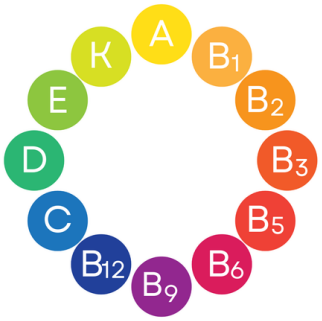


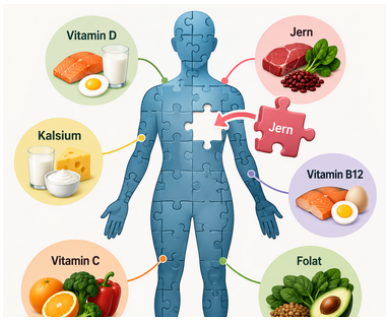
d)



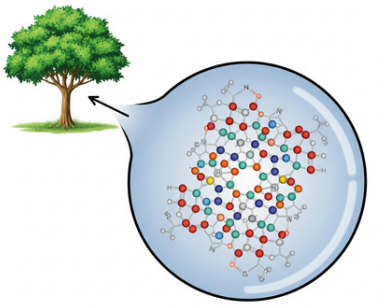


e)


A
B1
B2
B3
B5
B6
B9
B12
C
D
E
K

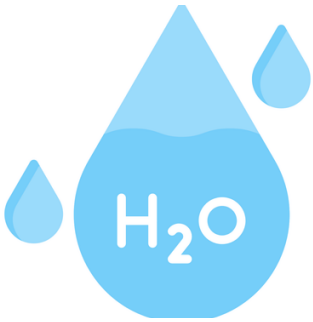

Vitamin D
Jern
Jern
Kalsium
Vitamin B12
Vitamin C
Folat

f)





g)


H2O

