Body composition

The body of an average adult human is made up from these substances:

 about 60% water

 about 19% lipid (fat)

 about 16% protein

 about 5% minerals (especially calcium)

 less than 1% carbohydrate (glycogen)

1 In the space below, use a diagram or chart to show this information. (You do not need to show the proportions absolutely precisely, because they are only averages, and can vary a lot between people – or even the same person on different days.)

2 Describe the functions of each of the substances in the human body.

a water

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b lipid

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c protein

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d minerals (calcium)

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e carbohydrates (glycogen)

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