Name:_____Date:_____

1 Which row in the table below gives the correct information about a food nutrient?

	nutrient	use in the body
A	maltose sugar	production of protoplasm
B	vitamin C	manufacture of enzymes and hormones
C	iron	release of energy in cells
D	calcium	growth and repair of bones and teeth

2 . A young girl has rickets and is being treated by a doctor. Which row in the table below gives correct information about this condition?

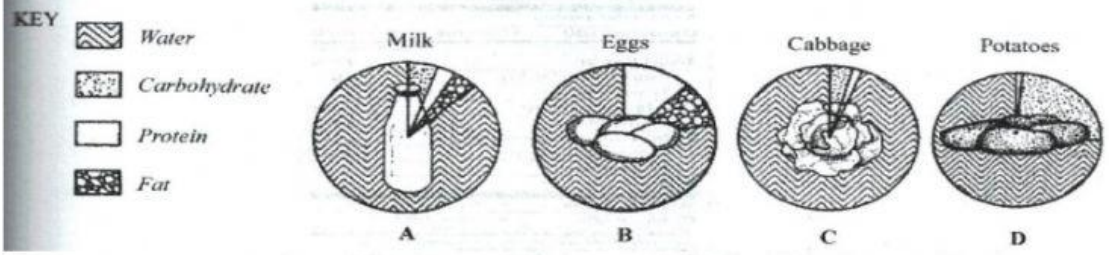
	cause of disease	main symptoms	treatment
A	bacterial infection	aches and pains in joints	antibiotic medicines
B	lack of Vitamin D	soft bones	Vitamin D pills or injections
C	lack of iron	weakness and fatigue	iron pills or tonics
D	virus infection	sore throat	aspirin and bed rest

3 What nutrient turns black when tested with iodine?

a. fat
b. reducing sugar
c. protein
d. starch

4 5. The pie-charts show four different foods and some of the nutrients they contain.

Use the key given below to help answer the questions.



Which pie-chart shows the food containing each of the following:

(i) the most water _____

(ii) the least amount of proteins _____

(iii) the best source of fibre _____

(iv) no fat _____

(v) all four nutrients shown _____

5 . Michelle eats a sandwich made of:

2 slices of bread	-	60 calories in each slice
3 slices of ham	-	50 calories in each slice
1 slice of tomato	-	5 calories in each slice
2 spoonful's of mayonnaise	-	70 calories in each spoonful

What is the total number of calories in the whole sandwich?

a. 415
b. 290
c. 155
d. 120

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6 Before your body can use the food you eat it must be digested. After digestion takes place which food nutrient is changed into:

(i) amino acids _____

(ii) fatty acids and glycerol _____

(iii) glucose _____ [3]

7 Food supplies our body with the necessary nutrients. A lack of nutrients may cause deficiency diseases. Name the food nutrient and the part(s) of the body affected when the following deficiency diseases occur. [4]

Deficiency disease	Food nutrients	Part(s) of the body affected.
Night blindness		
Scurvy		

8 This table gives the energy value for some common foods.

Food	Energy (kJ per 100 g)
Milk	268
Cabbage	64
Sausage	1225
Chicken	540

How much energy is in:

(i) 50 g of milk, _____

(ii) 200 g of sausage, _____

(iii) 150 g of cabbage? _____

9 Carbohydrates and fats are both made of the same three elements. What are they?

a. calcium, phosphorus, sodium
b. carbon, hydrogen and oxygen
c. iron, iodine and magnesium
d. nitrogen, chlorine and helium

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