

NAME: _____ DATE: _____

NUTRIENTS

Answer the following questions using information you have learned so far.

- 1a. Starch and sugar are examples of _____.
- 1b. Foods rich in _____ supply you with quick source of energy.
- 1c. _____ are body-building foods. They are made up of about 20 different _____.
- 1d. Citrus fruits contain plenty of _____.
- 1e. Brown bread, rice and bran cereal are rich in _____.
- 1f. Fats help keep the body _____ and help to store _____. Too much fats can lead to _____.

2. The table below shows the energy content in kilojoules (kJ) per 100 g of some common foods. The columns A, B, C and D show the percentage of either protein, fat, carbohydrate, or water in each food.

Food	Energy (kJ per 100g)	A (%)	B (%)	C (%)	D (%)
Milk	290	3	89	4.5	3.5
Butter	3000	0.5	16.5	--	83
Potatoes	370	2	82	16	--
Beef	1300	25	55	--	20
Tuna	700	18	70	--	12

a. Which food has:

- i. the highest energy content? _____
- ii. the lowest energy content? _____

b. Look carefully at the numbers in the table and try to determine which columns A, B, C, D are water, protein, fat and carbohydrate, respectively.

A _____ B _____

C _____ D _____

c. List THREE more important food materials, not on the table that are important for a balanced, healthy diet.

I _____ II _____ III _____

3. Look at the table below and answer the following questions.

Food	Energy (kJ/100g)	Protein (%)	Fat (%)	Carbohydrate (%)	Fibre (%)	Iron (mg/100g)	Vitamin C (mg/100g)
Milk	272	3.3	3.8	4.7	0	0.1	2
Sausage	1520	10.6	32.1	9.5	0	1.1	0
Chicken	599	26.5	4.0	0	0	0.5	0
Cabbage	66	1.7	0	2.3	54	0.4	23
Lettuce	61	2.9	0	0.7	25	1.6	60
Apples	196	0.3	0	11.9	20	0.3	5

- ai. Which food contains the most protein _____
- aii. Which food has the least carbohydrate _____
- b. Why do you need proteins? _____
- c. Why do you need carbohydrates? _____
- d. Which foods have no fibre? _____
- e. Why do you need fibre? _____
- f. Which food gives most energy? _____
- g. Which food gives least energy? _____
- h. Which food has most iron? _____
- i. Which food contains no Vitamin C? _____

Extra Credit

- l. Using the table, calculate how much energy there is in 50 g of milk in the space below.

_____ grams

- m. Using the table, calculate how much energy there is in 200 g of sausage in the space below.

_____ grams