

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?

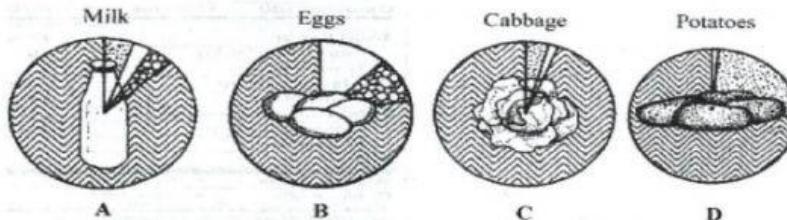
a. fat
b. reducing sugar
c. protein
d. starch

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.

KEY

-  Water
-  Carbohydrate
-  Protein
-  Fat



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

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?

- calcium, phosphorus, sodium
- carbon, hydrogen and oxygen
- iron, iodine and magnesium
- nitrogen, chlorine and helium