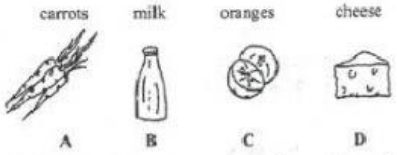
Name: _____ Date: _____

1 Which one of these substances can be stored in the human skeleton?

a. calcium
b. oxygen
c. food
d. water

2 If a person wants to prevent the onset of the disease scurvy. Which food must be present in that person's diet?



3 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

4 Michelle put several drops of iodine on a piece of white bread and it immediately turned a blue-black color. What does this show the bread contained?

a. fat
b. protein
c. glucose
d. starch

5 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

6 The table shows the partial consumption of four different foods. Which food, by itself, would provide the greatest amount of energy for the body?

food	protein	fat	carbohydrate
A	1.4 g	0.0 g	7.5 g
B	8.6 g	1.7 g	56.0 g
C	2.1 g	0.2 g	24.0 g
D	0.6 g	83.0 g	0.0 g

7 . 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

LIVEWORKSHEETS

This table gives information about the amount of calories used by a small-framed adult and a large-framed adult while doing certain activities. Use the table to answer questions 8-10

Activity	Calories Used in 1 hour	
	Small framed adult	Large framed adult
Sleeping	50	65
Walking	180	240
Running	700	1000
Playing Tennis	380	460

8 Ian is a large-framed adult. He woke up at 6:00 am, after six hours of sleep. He walked for $\frac{1}{2}$ hour and then he played tennis for 2 hours. How many calories Ian would have used in these activities?

a. 1000
b. 1105
c. 1430
d. 1765

9 Henry is a small-framed adult. He woke up at 6:30am, after eight hours of sleep. He went running for 1 hour and then played tennis for one hour. How many calories would John have used in these activities?

a. 780
b. 1000
c. 1130
d. 1310

10 If Henry and Ian go running together for 30 minutes, who will use more calories? How much more calories will he use?

a. Henry will use 300 more calories than Ian will.
b. Ian will use 150 more calories than Henry will.
c. Ian will use 300 more calories than Henry will.
d. Henry and Ian will use the same number of calories.

11 . 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

12 Which row in this table correctly shows how named nutrients are mainly used by the body?

	used for growth	used for energy
A	fats and fiber	carbohydrates and minerals
B	fiber and vitamins	water and fats
C	carbohydrates and proteins	vitamins and water
D	proteins and minerals	carbohydrates and fats

13 Which row in the table below gives correct information about the mineral **iodine**?

	The use of iodine in the body	Good Food Sources of Iodine	Deficiency Disease
A	healthy eyes	carrots and cabbage	night blindness
B	healthy bones and teeth	milk and eggs	rickets
C	healthy thyroid gland	salt and seafood	goiter
D	healthy skin and nails	chicken and rice	scurvy

14 What nutrient turns black when tested with iodine?

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

LIVEWORKSHEETS

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