

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

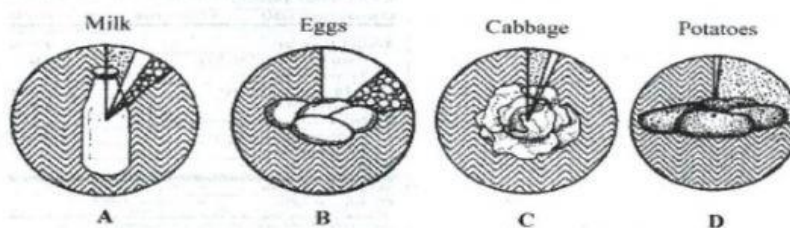
- 3 What nutrient turns black when tested with iodine?

- fat
- reducing sugar
- protein
- starch

- 4 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:

- the most water _____
- the least amount of proteins _____
- the best source of fibre _____
- no fat _____
- 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?

- 415
- 290
- 155
- 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:
- amino acids _____
 - fatty acids and glycerol _____
 - 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:

- 50 g of milk, _____
 - 200 g of sausage, _____
 - 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