## Food, nutrition and health

H. H	acionathents				
The	se are multiple-choice questions.				
For	each question you should shade in one box.				
Cor	rect method:				
1.1	Which one of the following is a macronutrient?		1 mark		
	a Vitamin A				
	<b>b</b> Fat				
	c Calcium				
	d Vitamin E				
1.2	Which one of the following is needed for growth and repair?				
	a Iron				
	b Vitamin K				
	c Protein				
	d Carbohydrate				
1.3	Which nutrient group does fibre belong to?				
	a Fat				
	<b>b</b> Protein				
	c Vitamins				
	d Carbohydrate				
1.4	What is fat needed for in the body?		1 mark		
	a For eyesight		1		
	<b>b</b> To help us grow				
	c To help us exercise				
	d For warmth				

2 Name three types of fat from animal sources and three from vegetable sources. 6 marks Fat from vegetable sources Fat from animal sources 2 marks 3 Explain the difference between free sugar and fruit sugar. 3 marks Identify **three** protein alternatives. 5 Analyse why the demand for protein alternatives is increasing. 8 marks 

Answer each of the questions below in the space provided.

## Micronutrients

These are multiple-choice questions.

For each question you should shade in one box.

Correct	method:	

1.1	W	hich of the following is a micronutrient?		1 mark
	a	Carbohydrate		
	b	Fat	and out in women to O	
	C	Protein		
	d	Vitamin A		
1.2	W	hich of the following is a fat-soluble vitamin?		1 mark
	a	Vitamin A		
	b	Vitamin C		
	C	Vitamin B3		
	d	Vitamin B1		
1.3	W	hich one of the following is the main source of vitamin D?		1 mark
	a	Sunlight		
	b	Cheese	to banate ad no	
	C	Oranges		
	d	Bread		
1.4	Co	omplete the sentence: The deficiency disease for vitamin B12	2 is	1 mark
	a	Beriberi		
	b	Poor vision		
	C	Bleeding gums		
	d	Pernicious anaemia		

Ans	wer each of the questions below in the space provided.	
	Identify <b>two</b> good sources of iron.	2 marks
2.2	State a deficiency of iron.	
		1 mark
2	Eveloin to a fine fine	
3	Explain <b>two</b> functions of water in the body.	6 marks
		VARBOLIN' IS
		- Daimer V at
		Ed rendal =
		18 00000
		Tue When and all the following is the re-
4	Explain how vitamin C can be retained during the preparation	n and cooking of fruit and vegetables. 8 marks
		o marks
	Mark States and Alexander Laurence	
		40 y
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## **Nutritional needs and health**

These are multiple-choice questions.

For each question you should shade in one box.

Correct method:

1.1	W	hich food group is the smallest on the Eatwell Guide?	on two cospect willy life body ne-	1 mark
	a	Fruit and vegetables		
	b	Proteins		
	C	Starchy carbohydrates		
	d	Oils and spreads		
1.2	La	actose intolerance means a sensitivity to:		1 mark
	a	Gluten		
	b	Pasta		
	C	Nuts		
	d	Dairy products		
1.3	Tł	ne loss of calcium from bones, making them weak, is called:		1 mark
	a	Osteoporosis		
	b	Anaemia		
	C	Diverticular disease		
	d	Coeliac disease		
1.4	Α	good source of protein for vegans is:	State of the state	1 mark
	а	Pasta	buffsom ad blue of	
	b	Potatoes		
	C	Bread		
	-1	Nuto		

Ans	Answer each of the questions below in the space provided.				
2	Outline the sy	ymptoms of rickets.	2 marks		
24	Evolois tures				
3.1	Explain <b>two</b> i	reasons why the body needs energy.			
	Syntain man for				
	••••••				
	•••••		encourage and all the		
2 2	Evalaia why s	Of Mind and	a diploma en arrigina neospel- filir		
3.2	Explain why r	maintaining an individual's energy balance is important.	2 marks		
4	Fibre is an im	portant part of a healthy diet.			
sn.	The table belo	ow shows what Sophie has eaten in one day.			
	Breakfast	Sugar-coated cereal, black coffee			
	Lunch	Tomato soup, a white roll, water			
	Dinner	Home-made lasagne and oven chips  Apple crumble and custard			
	Snacks	Salted crisps			
		Chocolate bar	Control Manager		
	Discuss how	her diet could be modified to include more fibre.	8 marks		
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