

10 Food and diet

1 State three main ways in which the body uses food.

2 Write down the words missing from the following paragraph:

Fats and carbohydrate both provide the body with, but fats can provide as much as carbohydrates. Excess fats can be stored in the body but carbohydrates must be changed into or before they can be stored. The main types of carbohydrates are, and Examples of foods rich in starch are and foods rich in fat are and

3 In what form is most. carbohydrate taken in the normal diet?

4 Write down the words omitted from the following paragraph:

Proteins are made up of about 20 different One example of a plant product rich in protein is An animal product rich in protein is When a protein is digested, it is broken down into its constituent and these are later built up in the body to make new Excess proteins which are not used for making new cells or tissues are converted to which can be stored or used to provide

5 Which of the following are **not** rich in carbohydrate: bread, fish, potatoes, beans, meat, lettuce, sugar, biscuits?

6 (a) Carbohydrates contain the elements, and

(b) Proteins contain these elements but also and

7 (a) Name the mineral elements needed by (i) bones, (ii) red blood cells, (iii) the thyroid gland

(b) Which of these elements is (i) present in milk, (b) lacking in milk?

8 State one benefit of including vegetable fibre (roughage) in the diet..

9 (a) Which vitamin helps to maintain resistance to infectious diseases?

(b) Name two foods which are a good source of this vitamin.

10 (a) Which vitamin is necessary for the proper development of the skeleton?

(b) Name two foods which are a good source of this vitamin.

11 A balanced diet must contain enough energy to meet the body's needs. What else must it contain?

12 Could you survive on a diet which contained no carbohydrate?

13 Western diets are often unhealthy because they contain too much and and not enough

14 How does refrigeration help to stop food from going bad?

15 Give one method of pasteurisation of milk.

10.02

Food and diet (continued)

- 16 (a) Name two food additives needed to keep food wholesome, and say what they do.
(b) Name two food additives (or types of additive) which are not necessary for keeping food wholesome.
- 17 (a) Heating a food sample with Benedict's solution is a test for
(b) A test for starch is to add solution to the food.
(c) In the biuret test for protein and solutions are added to the sample. A colour indicates the presence of protein.