



iii) We usually drink more fluids in :

summer

winter

all the year round

(1 mark)

iv) If a person does not take in enough fluids :

constipation

dehydration

obesity  will occur

(1 mark)

2. The table below shows the nutrient content of a variety of drinks.

NUTRIENT CONTENT OF DRINKS PER GLASS (200ml)						
	Calories	Calcium	Protein	Vitamin B <sub>12</sub>	Riboflavin	Vitamin C
	(Kcals)	(mg)	(g)	(µg)	(mg)	(mg)
<b>Whole Milk</b>	136	238	6.6	0.8	0.36	2
<b>Skimmed Milk</b>	66	260	6.8	0.8	0.4	2
<b>Orange Juice</b>	76	24	1.2	0	0.04	100
<b>Cola</b>	78	8	TRACE	0	0	0

a) i) Which drink has the most protein? \_\_\_\_\_ (1 mark)

ii) Which drink has the most Vitamin C? \_\_\_\_\_ (1 mark)

iii) How many more Kcals are there in the Whole Milk than in the Skimmed Milk?  
\_\_\_\_\_ (1 mark)

b) Suggest, with reason, a suitable drink for :

i) **a four-year-old child** : \_\_\_\_\_ (1 mark)

**Reason** : \_\_\_\_\_ (1 mark)

ii) **a person recovering from flu** : \_\_\_\_\_ (1 mark)

**Reason** : \_\_\_\_\_ (1 mark)

iii) **a person following a low-fat diet** : \_\_\_\_\_ (1 mark)

**Reason** : \_\_\_\_\_ (1 mark)

c) If you want to make sure that you follow a healthy diet, which of the above drinks would you avoid (not take)? \_\_\_\_\_ (1 mark)

Why? \_\_\_\_\_ (1 mark)

3. It is very important to eat the required amount of protein foods.

a) Underline the correct answer.

i) We need protein (to make red cells in blood; for growth and repair; for healthy bones and teeth.) (1 mark)

ii) Protein can also give us (energy; tooth decay; healthy eyesight) (1 mark)

b) Below is a list of foods which contain a lot of protein.

meat; soya mince; rice; poultry; peas;  
lentils; fish; nuts; barley; milk

Place the foods under the correct heading.

**HBV (High Biological Value) Foods**

**LBV (Low Biological Value) Foods**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(5, 5 marks)

c) i) Why are pulses important in the diet?

- \_\_\_\_\_
- \_\_\_\_\_ (2 marks)

ii) Name **three** examples of pulse foods.

- \_\_\_\_\_ • \_\_\_\_\_ • \_\_\_\_\_ (3 marks)

iii) Give the names of dishes where pulses could be used as a main ingredient :

i) **in a soup** : \_\_\_\_\_

ii) **in a main dish for lunch** : \_\_\_\_\_

iii) **in a sandwich filling** : \_\_\_\_\_

iv) **in a pie** : \_\_\_\_\_ (4 marks)

4. Some teenagers can suffer from anaemia, a deficiency disease.

a) Underline the correct answer.

i) Anaemia is caused by lack (*too little*) of (calcium; iron; sodium).

ii) This mineral will work better in the body, if the diet contains plenty of (Vitamin A; Vitamin B; Vitamin C).

iii) (Girls and Women; men; elderly people) are more likely to suffer from anaemia.

(3 marks)

- b) Suggest a suitable meal for a person who suffers from anaemia.  
Give reasons for your answer.

Meal	Reasons for Choice
main dish : _____	• _____
dessert : _____	• _____

(4 marks)

5. a) i) Give the name of the mineral needed for strong bones and teeth.

**Name of Mineral :** \_\_\_\_\_ (1 mark)

- ii) List **three** foods which are rich in this mineral.

• \_\_\_\_\_ • \_\_\_\_\_ • \_\_\_\_\_ (3 marks)

- b) Calcium works better if a particular Vitamin is present.

- i) What is the name of this Vitamin?

**Name of Vitamin :** \_\_\_\_\_ (1 mark)

- ii) From where can we get this Vitamin other than from food?

\_\_\_\_\_ (1 mark)

- c) Suggest a dish which contains good amounts of the mineral and vitamin needed for strong bones and teeth.

**Name of dish :** \_\_\_\_\_ (1 mark)

6. Obesity (*being overweight*) is a common problem among school-age children.

- a) Name **two** groups of nutrients which must be reduced if you wish to lower your energy intake.

i) \_\_\_\_\_ ii) \_\_\_\_\_ (2 marks)

- b) Write out **two** possible dangers of being overweight.

i) \_\_\_\_\_  
ii) \_\_\_\_\_ (2 marks)

- c) Suggest **four** ways how you can avoid being overweight.

i) \_\_\_\_\_  
ii) \_\_\_\_\_  
iii) \_\_\_\_\_  
iv) \_\_\_\_\_ (4 marks)

7. You have been asked to prepare a cake for tea.

- a) Give the name of a cake you could prepare.

**Name of cake :** \_\_\_\_\_ (1 mark)

b) Which method of cake-making would you use to prepare this cake?  
Underline the correct answer.  
(rubbing-in method; creaming method; whisking method; all-in-one-method)  
(1 mark)

c) Write down the steps you would follow to make your cake.  
*The first step has been done for you.*

- Weigh and measure your ingredients. Collect your utensils.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(5 marks)

d) How would you check to see if your cake is cooked?  
\_\_\_\_\_ (1 mark)

e) Name **two** types of flour which you could use.  
i) \_\_\_\_\_ ii) \_\_\_\_\_ (2 marks)

f) Suggest healthy ingredients you could use to decorate your cake.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

8. You bought a packet of sliced cheese from your local supermarket. When you open the packet at home you find that the cheese is moulded (*bad*).

a) Write down **one** thing you could do before buying the cheese to make sure that it is fresh.

- \_\_\_\_\_ (1 mark)

b) What will you do when you find that the cheese is moulded?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (3 marks)

9. A school friend is trying to convince you to start smoking.

a) List **four** points you would discuss with your school friend why you prefer not to smoke.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (4 marks)

b) Suggest what could have encouraged (*helped*) your friend to start smoking.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (6 marks)

c) If young people keep themselves occupied (*busy*) they would not need to smoke, abuse drugs or drink alcohol. Write down the names of **four** activities you could take part in during your free time.

*(The first one has been done for you)*

- |                     |                     |
|---------------------|---------------------|
| i) join a gym class | ii) _____           |
| iii) _____          | iv) _____ (3 marks) |