**10 Food and diet**

Self-assessment questions 10.01

**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.

Self-assessment questions 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.