

Question One:

(1 marks)

The table shows fibre and carbohydrate content of some different foods .

Food	Grams of dietary fibre per 100 g of food	Grams of carbohydrates per 100 gram of food
Oranges	2	12
Bananas	3	23
Beans	5	63

- If a patient is suffering from constipation which food you will advise him to eat more ?beans

Question Two :

(4 marks)

Nutrition Facts labels are required to have information about the nutrients in the food you are eating.

- The largest amount of food is taken from carbohydrates .
What is the role of carbohydrates in our diet ?

.....primary source of energy

- Name a mineral mentioned in the food fact label and explain why do we need it ?

Mineral : calcium / iron

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 40
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

- Needed for : calcium - strong bones and teeth / iron - used to make the red blood pigment called haemoglobin .

- Vitamins are needed in specific amounts .

- Why do we need vitamins ?

help some chemical reactions to take place in the cells

- Give one example written on the label of a fat soluble vitamin.

Vitamin A

Question Three :

(7 marks)

Adam is preparing to test an **unknown food sample** for **starch and fat** .

- List the steps needed to prepare a food sample .

1. Cut the food into small pieces

2. Grind the small pieces of food .

3. Add water .

- Name the chemical used to test for fat ?

Ethanol

- Name the chemical used to test for starch ? **iodine** .

- What color does the chemical turn if starch is present ? **blue black**

- If the unknown food is butter , Suggest what his results will be ? **white cloudy layer**

Question Four :

(4 marks)

Write T after the true statements and F after those that are false.
Then write corrected versions of the false statements.

1. Glucose is a small, carbohydrate molecule.(.....T.....)
2. Fats and oils contain less energy per gram than carbohydrates.(...F.....)
3. Each fat or oil has a different set of amino acids attached to a glycerol molecule.(.....F.....)
4. Starch is made from lots of sugar molecules joined together.(...T.....)

Corrected versions of false statements:

False statement	Corrected version
2. Fats and oils contain less energy per gram than carbohydrates MORE ...
3.Each fat or oil has a different set of amino acids attached to a glycerol molecule	FATTY ACIDS



Question Five :

(4 marks)

The table gives statements about glycogen and fat , some apply to glycogen and some to fat .

Complete the table by using a tick (✓) to show if each statement applies to glycogen or fat .

Statement	Glycogen	Fat
Broken down for energy over time if not enough food is eaten.		✓
Stored in special cells under the skin and around the body organs.		✓
Stored in our muscles and liver.	✓	
A long-term energy store.		✓

Good luck

