

## Nutrition

**Q1** What does the word 'nutrition' mean?

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**Q2** To keep your body **healthy** you need to eat sensible amounts of each type of **nutrient**.

a) Describe the **function** (job) of each of these nutrients in the body:

i) carbohydrates .....

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ii) lipids (fats and oils) .....

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iii) proteins .....

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iv) vitamins .....

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b) Calcium is a metal. Our bodies need small amounts of calcium to help keep our bones strong. What type of nutrient is calcium?

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c) Water is very important to the body. Humans can only survive without water for a few days. Explain why water is so important to the body.

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d) What is a **deficiency disease**?

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e) Explain why you need to make sure that you include plenty of fresh fruit and vegetables in your diet.

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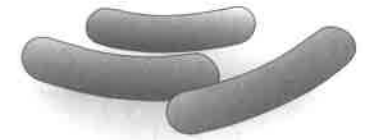
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**Q3** Peter is going on a 50 mile **sponsored walk** and he knows it is going to take him a long time. He really likes sausages, so he thinks it would be a good idea to take some to give him lots of **energy**.



a) Why wouldn't sausages be the best source of energy for Peter during his walk?

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b) Which of these foods would give him the most energy? Circle the correct answer.

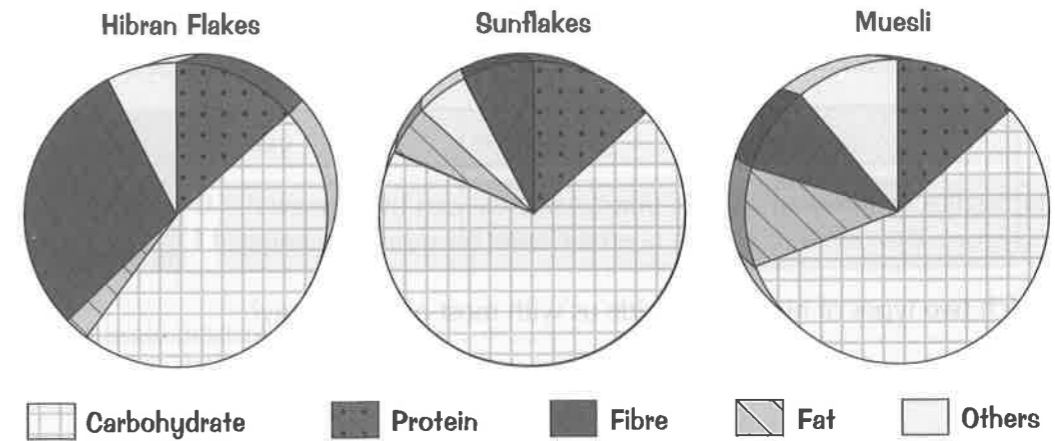
boiled eggs

cereal bars

celery sticks

a flask of hot tea

**Q4** The pie charts below show which **nutrients** three different **breakfast cereals** contain.



a) Which type of **nutrient** is the largest in all three cereals?

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b) Which cereal has the largest **fibre** content?

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c) Why do we need **fibre** in our daily diet?

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d) A **balanced diet** is good. Does this mean eating equal amounts of all types of nutrient? Explain your answer.

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