

Revision Sheet Food Studies Short Questions Sample Answers

1.

List **four** foods that are a good source of high biological value protein.

- (i) meat (ii) fish
(iii) eggs (iv) cheese, milk

2.

Name **two** fat soluble vitamins and **two** water soluble vitamins.

FAT SOLUBLE VITAMINS	WATER SOLUBLE VITAMINS
(i) A, D	(i) B
(ii) E, K	(ii) C

3.

Identify a **different** deficiency caused by a low intake of **each** of the following nutrients:

NUTRIENT	DEFICIENCY
(i) Calcium	(i) rickets, osteomalacia, poor quality teeth
(ii) Vitamin C	(ii) scurvy, delayed healing of wounds, increased risk of infection
(iii) Iron	(iii) anaemia, fatigue, tiredness, fainting, dizziness
(iv) Vitamin K	(iv) failure of blood to clot

4.

Give **one** important source of **each** of the following:

4

	SOURCE
(i) Vitamin C	(i) oranges, blackcurrants, cranberries
(ii) Dietary fibre	(ii) bran, brown bread, fruit, vegetables

5.

Suggest **four** ways of reducing the intake of fat in the diet.

- (i) use low fat spread instead of butter
- (ii) remove visible fat from meat
- (iii) grill instead of frying food
- (iv) cut out fatty foods e.g. cakes, doughnuts, chocolate

6.

Explain **each** of the following:

- (i) **rickets** *Bone disease found in children suffering from a lack of Vitamin D or*
Calcium
- (ii) **hypervitaminosis** *An excess of Vit A or Vit D in the diet which is harmful to the*
body.

7.

List **four** sources of protein in the diet.

- (i) Meat, Pulses, Cereals
- (ii) Fish, yogurt
- (iii) Eggs, nuts, soya beans
- (iv) Milk/Cheese

8.