

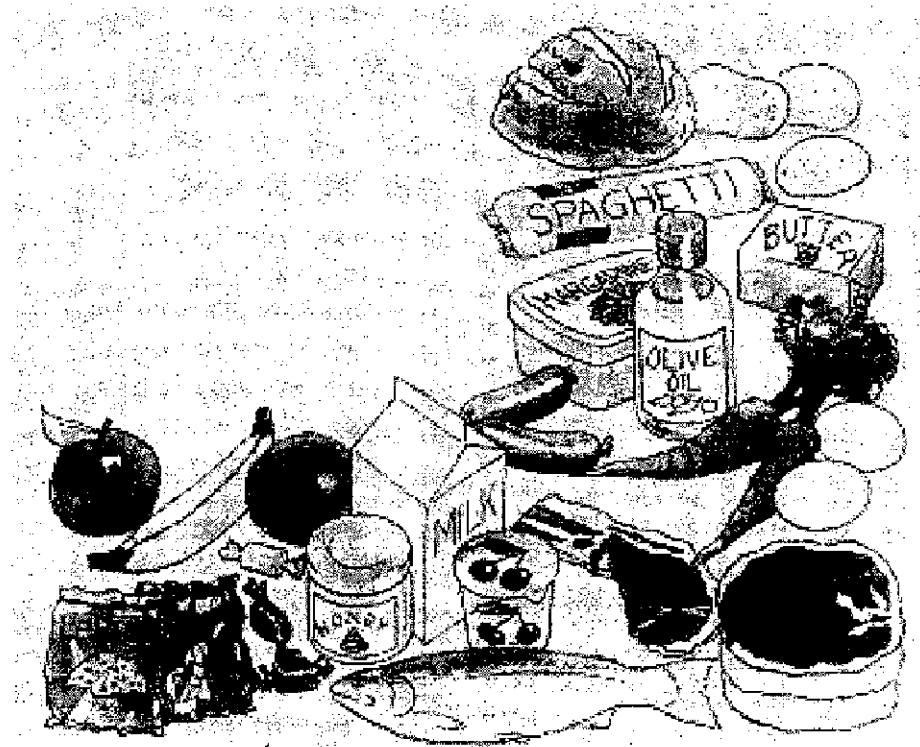
Name: _____

Class: _____

Foods that we eat

1. A variety of food helps us to grow and be healthy.

With the help of the picture continue the following:



- Eat more _____
- Eat more _____
- Eat some _____
- Eat less _____
- Eat less _____

(5 marks)

2. a) A balanced diet contains enough of all the nutrients. Match the correct function to each of the following nutrients.

Protein	energy for work	
Carbohydrates	growth and repair	
Fats	protection against disease	
Minerals and Vitamins	energy for warmth	(4 marks)

- b) For a healthy diet, besides the nutrients the body also needs:

- Exercise **Tick the correct answers**
- Water
- Dietary Fibre N.S.P.
- Salt

(2 marks)

3. Your friend needs some advice on how to eat less fat.
 a) Continue the following chart to show how to cut down on fatty foods.

Foods high in fat	Foods to change to
e.g. <i>butter and margarine</i>	<i>low fat spread</i>
ordinary milk	_____
fresh cream	_____
cheddar cheese	_____
red meat	_____
cheesecakes	_____

(5 marks)

- b) Name **two** diseases that can be prevented by eating foods which are low in fat.

(2 marks)

- c) Fats can be saturated and polyunsaturated.
 Fill in the following foods in the right column.

eggs	soft cheese	olive oil
sunflower margarine	ham	Soya milk

Saturated

Polyunsaturated

(6 marks)

- d) What does saturated fat form in the blood?

(1 mark)

4. John would like to know how to eat more dietary fibre/NSP.

- a) Suggest **three** ways how John can eat more dietary fibre:

- e.g. *eat a wholegrain cereal for breakfast.*

- _____
- _____
- _____

(3 mark)

- b) What is the function of dietary fibre in the body?

(3 marks)

- c) Name **two** diseases that could be prevented if we all eat enough fibre rich foods.

(2 marks)

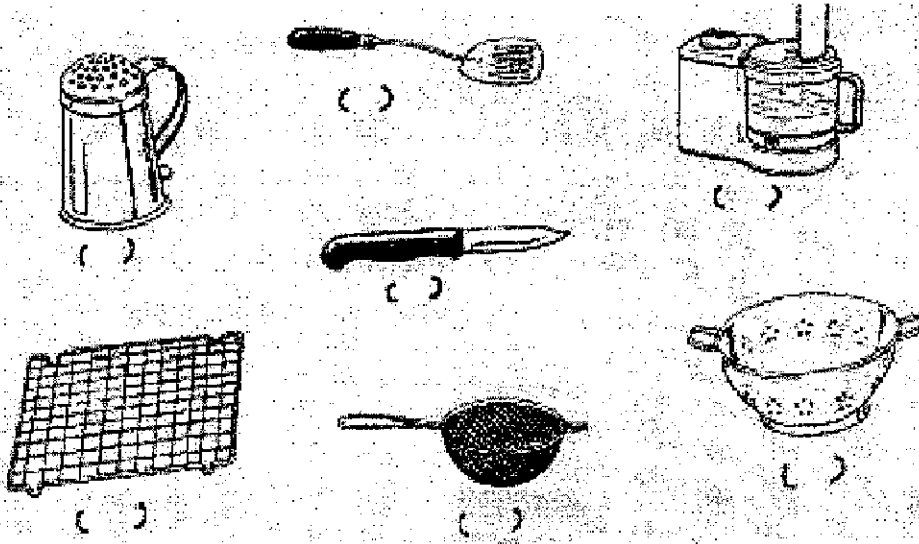
5. As a snack, Mary often eats biscuits and chocolates.
 a) Name **two** healthy foods that Mary should eat as a snack.

(2 marks)

b) Name **two** diseases that Mary can prevent if she eats less sugary foods.

(2 marks)

6. a) Match each piece of equipment with one of the sentences below.



- i used to drain pasta
- ii introduces air to foods
- iii used for cutting vegetables
- iv to lift food from frying pans and baking trays
- v breaks food up into small pieces
- vi used to sprinkle flour
- vii used to cool hot food on

(7 marks)

b) Describe how to clean a wooden chopping board.

- _____
- _____
- _____

(3 marks)

7. You have offered to prepare a healthy snack for your friend.

a) Suggest with reasons the name of:

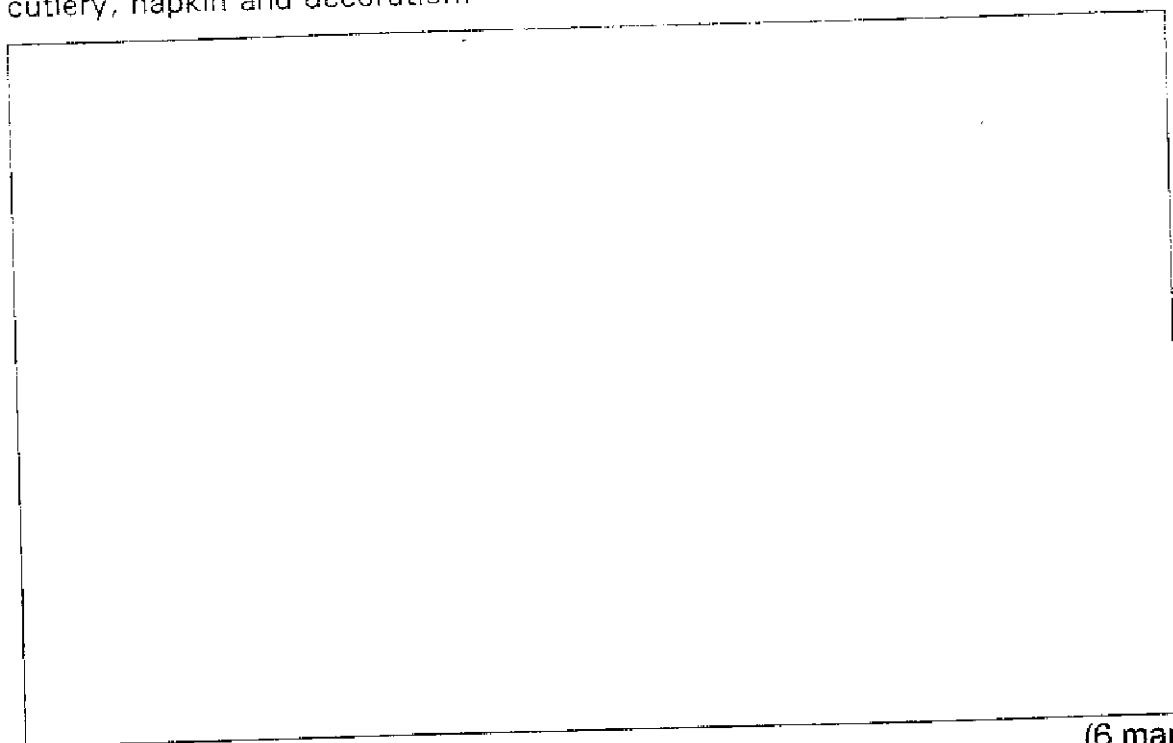
(i) the **dish** you would prepare _____

Reason: _____ (1, 2 marks)

(ii) the **drink** you would serve _____

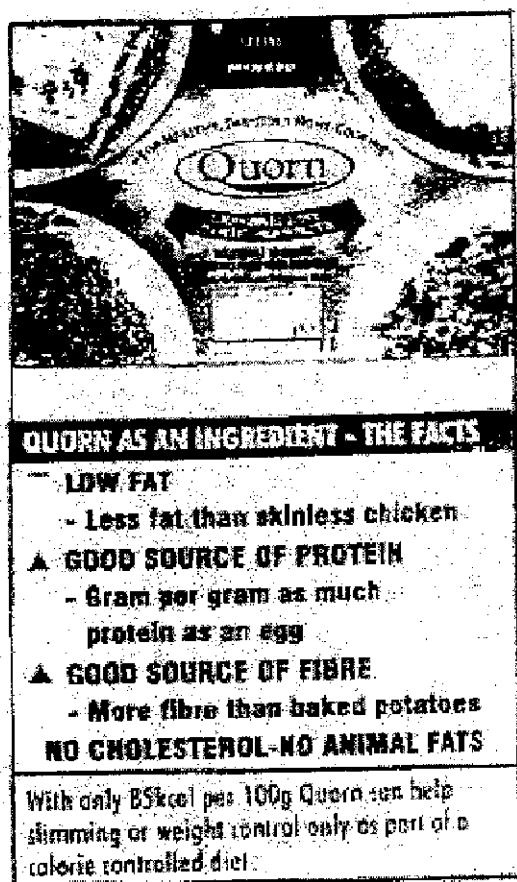
Reason: _____ (1, 2 marks)

- b) In the space provided draw a diagram of the table layout with the dish, drink, cutlery, napkin and decoration.



(6 marks)

8. Food labels help you to choose the kind of food you need. Look carefully at the "Quorn" label and answer the following questions.



- a) Which nutrient is found in a good amount
 _____ (1 mark)
- b) The food is suitable for a person suffering from:
- | | | |
|---------------------|--------------------------|---------------------------------|
| high blood pressure | <input type="checkbox"/> | Tick two correct answers |
| tooth decay | <input type="checkbox"/> | |
| heart disease | <input type="checkbox"/> | |
| diabetes | <input type="checkbox"/> | |
| constipation | <input type="checkbox"/> | |
- (2 marks)

c) Explain the following:

“Use by date” _____

“Best before date” _____ (2 marks)

d) Name **four** points you would look for when choosing the shop to buy food in.

- _____
- _____
- _____
- _____

(4 marks)

9. a) Tooth decay is caused by:

bacteria

Tick the correct answer

eating vegetables

not going to the dentist

(1 mark)

b) Suggest **four** ways how we can take proper care of our teeth.

- _____
- _____
- _____
- _____

(4 marks)

c) How can you help a young child from developing a sweet tooth
(a liking for sweets) ?

- _____
- _____

(2 marks)

d) Why is it important to brush our teeth after eating sugary foods and before going to bed?

(2 marks)

10. Joseph is a four year old boy. He is often rude and difficult to control.

a) Give the possible reasons why Joseph is behaving in this manner.

- _____
- _____

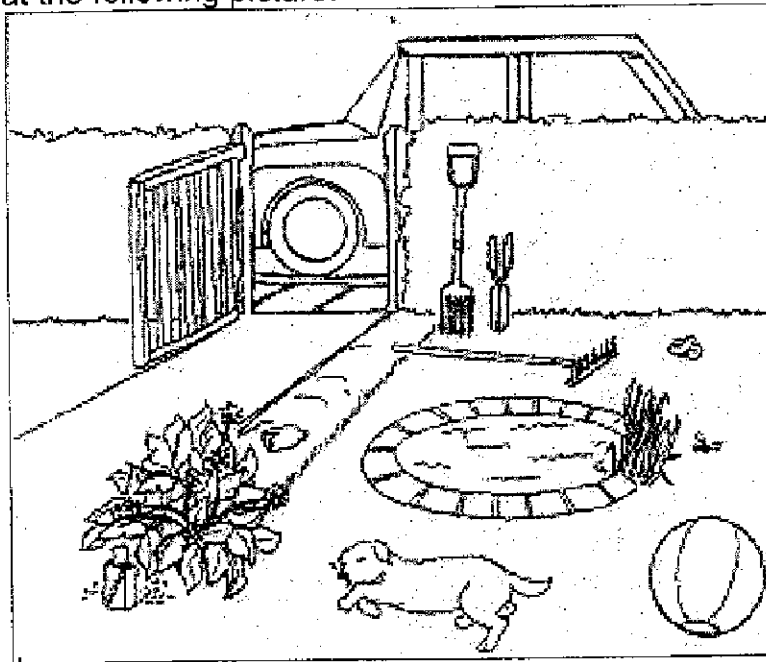
(4 marks)

b) Suggest **three** ways how Joseph can be helped to behave better.

- _____
- _____
- _____

(3 marks)

11. Look carefully at the following picture.



List five hazards (*dangers*) for a young child.
Say how these can be prevented.

Hazard (i) _____

Prevention _____

Hazard (ii) _____

Prevention _____

Hazard (iii) _____

Prevention _____

Hazard (iv) _____

Prevention _____

Hazard (v) _____

Prevention _____ (10 marks)

12. Peter and Jane are the parents of two young boys. They are fascinated with how quickly their sons have grown up. They keep them busy, but make them feel young.

Give suggestions how each family member is contributing to create this happy family situation.

• the father _____

• the mother _____

• the children _____

(6 marks)