

8A Food and Nutrition- Revision Worksheet

List the 7 **nutrient groups**:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Describe how you would test if a food sample contained **starch**.

.....

.....

.....

.....

Describe how you would test if a food sample contained **protein**.

.....

.....

.....

.....

Describe why **food labels** are so important.

.....

.....

.....

.....

Complete the table to show why we need each of the different **nutrient groups**.

Nutrient	Uses
Carbohydrates	
Fats	
	For growth and repair.
Vitamins & Minerals	
Water	

State which **nutrient group** can't be **digested** by the body and the use of this.

.....

.....

Describe what would happen if you ate more **carbohydrates** than you needed for **energy**.

.....

.....

State 3 factors that determine how much **energy** a person needs each day.

- 1.
- 2.
- 3.

Describe how a particular **vitamin** is used in the body.

.....

Describe what a **balanced diet** is.

.....

Match up the **deficiency diseases** to what they are a lack of and how they affect the body:

Kwashiorkor	vitamin D	'pot belly'
Scurvy	Iron	painful joints
Rickets	Protein	tiredness
Anaemia	Vitamin C	soft/weak bones

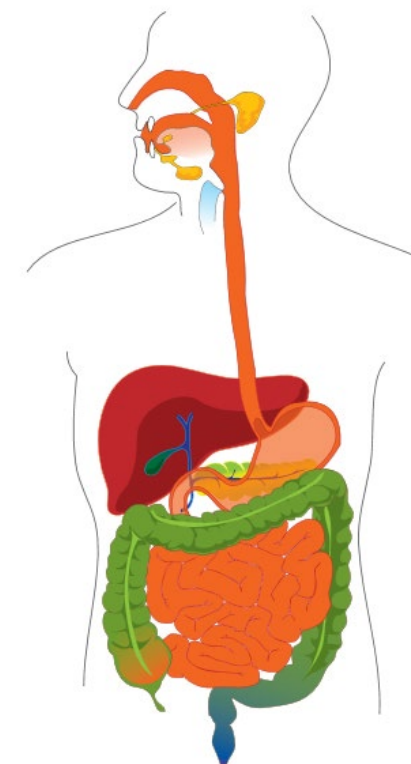
Describe what **starvation** and **obesity** are and why they are both forms of **malnutrition**.

.....

.....

.....

Label all of the parts of the body involved in **digestion**:



Complete the table by describing what happens in each **organ** in the **digestive system**.

Organ	What Happens?
Mouth	
Oesophagus / Gullet	
Stomach	
Small intestine	
Large Intestine	
Rectum	
Anus	

Describe the role of **bacteria** in your **gut**.

.....

.....

.....

.....

Define the word '**enzyme**' and state where they are found.

.....

.....

.....

.....

.....

Rate the following on how well you think you can do them:



I can...

- Recall the nutrients we need in our diets.
- Interpret nutrient information labels.
- Recall the tests used to detect some nutrients.
- Recall good sources of different nutrients.
- Describe how factors change the amount of energy we need.
- Describe what each nutrient does in the body.
- Identify how verbs and adjectives can add weight.
- Identify bias.
- Describe the benefits of a balanced diet.
- Explain how different types of malnutrition are caused and their effects.
- Recall parts of the digestive system and their functions.
- Explain why enzymes and bacteria are useful for digestion.
- Calculate area of rectangles and cuboids.
- Explain the importance of surface area in science.
- Explain how diffusion enables absorption by the small intestine.
- Explain how the small intestine is adapted to its function.

Draw a **model** to represent how **enzymes** work.

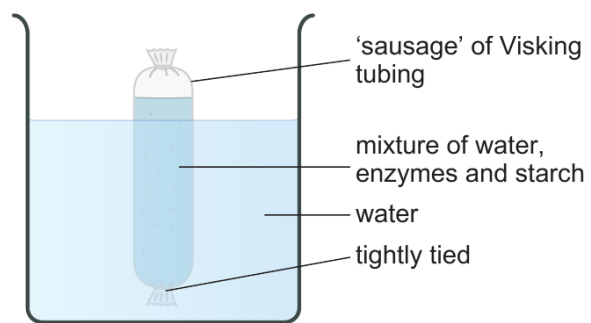
.....

.....

.....

.....

Describe what would happen in the **model small intestine** below:



.....

.....

.....

Describe the process of **diffusion**.

.....

.....

.....

Explain how the **small intestine** is well **adapted** for its job.

.....

.....

.....

.....