



## ANSWERS

1

- a Protein, (any from) meat, fish, eggs, cheese, nuts, beans
- b Carbohydrates, (any from) grains, cereals, rice, pasta, bread
- c Fats, (any from) milk, butter, cream, fat on meat
- d Vitamins, minerals (either order)
- e Fibre, (any from) vegetables, cereals, grains, etc.

2

- a The healthy meal may include a small portion of fatty/sweet food, should include some meat/fish/nuts/beans, a couple of portions of fruit or vegetables, and plenty of starchy food in the form of potatoes/pasta/rice etc. The unhealthy meal will have a greater amount of meat/fish, plus fats such as butter or cream, and less of the fruit/vegetables/starchy foods.
- b Explanation will depend on the foods written down, but is likely to be along the lines of too much fat/meat etc. and not enough vegetables/potatoes.

3

- a The energy requirement of an average 11-year-old is around 9000 kJ per day. Accept any answer roughly midway between the values for the 5-year-old and the 18-year-old (6000 kJ and 11000 kJ, respectively).
- b The 18-year-old is still growing.

4

- a Student's own answers.
- b Depends on answer to part a – any diet with lots of meat/fat and not much fruit/veg should be classed as unhealthy.
- c Depends on answer to part a, but is likely to involve eating more fruit and vegetables and grains/cereals etc.
- d They would need to take in a lot more carbohydrate to provide the extra energy. A good answer may also include more protein to help build muscles.