



ANSWERS

1

Carbohydrates are found in starchy foods such as bread, cereals, rice, pasta etc. Fats are found in butter, cheese, milk, fatty meat. Fibre is found in fruit, vegetables, grains and cereals. Protein is found in meat, fish, milk, eggs, nuts and beans. Vitamins and minerals are found mainly in fruit and vegetables (although some minerals such as iron are also found in meat).

2

Carbohydrates are needed to supply the body with energy. Fats also supply some energy and some fat in the diet is needed to keep us healthy. Protein is needed for growth and repair of body tissues. Vitamins and minerals are needed to keep the body working properly.

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 You put on weight.
- b You lose weight/become too thin.

5

In general, men are larger than women, so need more energy to keep their bodies going. This is a generalisation however.

6

- 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.