3.2 Balanced Diet

Name: ............................

1. List two reasons why we need food.
   (i) ________________________________
   (ii) ________________________________

2. Tick the foods in the following list that are a good source of carbohydrate.
   Eggs
   Milk
   Bread
   Pasta
   Rice
   Water

3. Tick the foods in the following list that are a good source of protein.
   Eggs
   Fish
   Vegetables
   Rice
   Bread
   Meat

4. Tick the foods in the following list that are a good source of fat.
   Eggs
   Oil
   Vegetables
   Rice
   Butter
   Fatty Meat

5. Match each food type below with its function in our diet.

| fibre  | (i)      | (a) growth and repair of cells |
| water | (ii)     | (b) for energy                 |
| protein | (iii)   | (c) prevents constipation       |
| vitamin C | (iv)  | (d) to make red blood cells    |
| sugar or starch | (v) | (e) strong bones and teeth |
| calcium | (vi)    | (f) healthy skin and gums       |
| Iron | (vii)   | (g) transports substances |

6. What constituents are found in milk?
   ___________________________________________________________________
   ___________________________________________________________________
7. What is a balanced diet? ______________________________________
_____________________________________________________________
_____________________________________________________________
_____________________________________________________________

8. In this question, you have a choice. Choose either (a) or (b) or (c). You only have to complete one of them.

(a) Draw a food pyramid and label it carefully.

OR

(b) Design a balanced meal and give reasons why it is balanced.

OR

(c) Create a rhyme or song to help you remember the function of each part of a balanced diet.

Diagram:
9. Using a diagram to show your idea, design an experiment to test where sports drinks are effective at improving an athlete’s performance.

(a) List what you need:

(b) What measurements will you make?

(c) Predict what will happen in your experiment?

(d) How accurate do you think your method will be?