

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

Pasta

Milk

Rice

Bread

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.

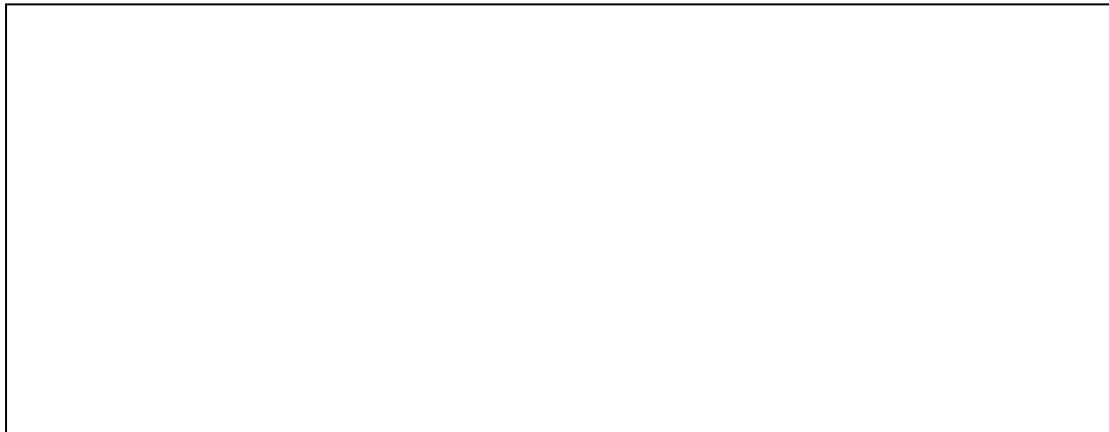
OR

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

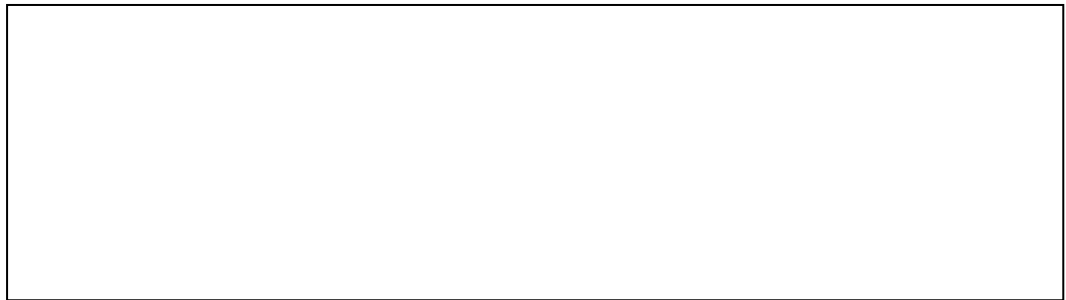
OR

(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?
