

GCSE Food, Preparation and Nutrition

Revision Questions with Model Answers: Food, Nutrition & Health

✓ 17 Questions with answers

✓ 4 Rounds covering Food, Nutrition and Health

✓ Student friendly

24 Slide / GCSE Revision Questions

The collage features five overlapping revision slides:

- Slide 1 (Top Left):** A text-based question: "State the importance of the following vitamins: Vitamin C, Vitamin D, Vitamin E, Vitamin K." It includes model answers for each, such as "Vitamin C helps to repair tissues in the body." and "Vitamin D helps to absorb calcium from the diet."
- Slide 2 (Top Middle):** A diagram-based question: "Sketch and label each section of the Barwell Guide." The diagram is a circle divided into six segments: Carbohydrates, Protein, Fat, Vitamins, Minerals, and Fibre. The model answer lists the sections and their functions, such as "Carbohydrates provide energy for the body."
- Slide 3 (Top Right):** A text-based question: "Explain the difference between saturated and unsaturated fats." The model answer explains that saturated fats are solid at room temperature and come from animal products, while unsaturated fats are liquid and come from plant products.
- Slide 4 (Bottom Left):** A text-based question: "Give three reasons why we should eat a variety of fruits and vegetables." The model answer lists reasons like "They provide essential vitamins and minerals," "They contain antioxidants that help protect the body from disease," and "They are a good source of fibre, which aids digestion."
- Slide 5 (Bottom Right):** A table-based question: "Complete the table below." The table has columns for 'Food Group', 'Key Nutrients', and 'Health Benefits'. The model answer fills in the table with information about carbohydrates, proteins, fats, vitamins, and minerals.

Chapter 38 Food And Nutrition Answers

Arturo Cuomo



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