

# 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." Each answer is marked with a green checkmark.
- 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. It includes a model answer: "1 mark per correct labelled area. 1 mark for accuracy of sketch. Awarding correct portions of each food type." A green checkmark is present.
- Slide 3 (Top Right):** A text-based question: "Explain the difference between saturated and unsaturated fats." It includes a model answer explaining that saturated fats are solid at room temperature and come from animal products, while unsaturated fats are liquid and come from plant products. A green checkmark is present.
- Slide 4 (Bottom Left):** A text-based question: "Give three reasons our body needs Vitamin C." It includes a model answer: "Our bodies need Vitamin C to help us fight off infections, to help us absorb iron from the food we eat, and to help us produce collagen for our skin, bones, and blood vessels." A green checkmark is present.
- Slide 5 (Bottom Right):** A table-based question: "Complete the table below." The table has columns for 'Food Type', 'Energy (kJ/g)', and 'Use of Energy (kJ/g)'. It includes a model answer for 'Carbohydrate' and 'Protein'. A green checkmark is present.

# Chapter 38 Food And Nutrition Answers

**C Cleary**



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