

8Aa Nutrients main book page 6+7

Q1: what you eat

Q2: a- raw material for your body

b- energy, growth and repair, health

Q3: Fibre helps undigested food pass through the intestines by stopping the intestines getting blocked. Water helps to lubricate the food.

Q5: because you lose water when you sweat and water is very important in your body for dissolving things, acting as a lubricant and filling up cells

Q6: protein, carbohydrates (sugars), fat, sodium

Q7: because some people are allergic to nuts

Q8: 6.8 g sugars, 26.4 g starch

Q9: starch

Q10: a- iodine solution for starch testing (blue-black colour if starch present), rubbing sample on paper (greasy mark left if fat present), Biuret solution for protein testing (purple colour if protein present)

b -The powder also contains vitamins, minerals, salt and some water.