

8Ab Uses of nutrients main book page 8+9

Q1: carbohydrates (e.g. starch, sugars), fats/lipids (e.g. solid fats, oils), proteins, vitamins, minerals

Q2: He has eaten more food than he needs (the energy content of his food is greater than the energy requirement for his daily activities).

Q3: for energy

Q4: as energy, as an energy store and to help stop heat escaping from your body (a heat insulator)

Q6: a- 15–17 years old

b- This is a time of very fast growth and changes in the body.

Q7: a- ravi

b- He has to move around more, which requires more energy than sitting at a desk.

Q8: The carbohydrates she does not need for energy will be turned into fat in the body and stored: this will increase her mass.

Q9: for energy, for growth and repair, for health

Q10: a- carbohydrate, e.g. potatoes, bread (starches), sweets, cakes (sugars); proteins, e.g. fish, meat, eggs, nuts; fats/lipids, e.g. milk, butter, cooking oils; vitamins, e.g. fruits, vegetables (or specific examples, e.g. vitamin A from eggs, vitamin B12 from red meat); minerals, e.g. fruits, vegetables (or specific examples, e.g. calcium from milk, iron from spinach)

Q11: not having very much energy or being short of breath