

8Ab Uses of nutrients workbook page 5

Q1: a -eating/drinking

b- running, walking, sleeping, working

Q2: for energy

Q3: a- For energy; as an energy store; to help stop heat escaping from your body (a heat insulator).

b- Name of any fatty food (e.g. cooking oil, avocado, cheese).

Q4: a- kJ

b- breakfast cereals (you need to compare the per 100 g columns in order to make fair comparisons)

c- 100 g

d -370 + 360 + 330 = 1060 kJ

Q5: A

Q6: strong bones – calcium – milk;
for fuel – carbohydrate – potatoes;
healthy eyes – vitamin A – carrots;
Growth and repair – protein – meat and eggs

8Ab Nutrients and energy

Q1: a running fast

b- i- $2 \times 470 = 940$ kJ

ii - $3 \times 660 = 1980$ kJ

iii- $(2 \times 180) + (0.5 \times 180) = 450$ kJ

c- 2 portions

d- $470 + (2 \times 250) + (180 \div 2) = 1060$ kJ

Q2: a- Ravi

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

Q3: The teenager needs more energy.

Reasons : bigger so need more energy to move around; bigger muscles need more energy; growing faster