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1.1 and 1.2 Diet and health and Food groups

- 1 Define the term diet. _____

[1]
- 2 What is the function of the digestive system? _____

[1]
- 3 The foods we eat can be classified into three groups called GO foods, GROW foods and GLOW foods. Give two examples of each type.
- a) GO _____
[1]
- b) GROW _____
[1]
- c) GLOW _____
[1]
- 4 Complete the sentences about the three food groups.
- a) GO foods provide us with _____
[1]
- b) GROW foods provide us with _____
[1]
- c) GLOW foods provide us with _____
[1]
- 5 Our source of fibre comes from _____ foods.
[1]

1.3 A balanced diet

- 1 What is meant by a 'balanced diet'? _____

[1]

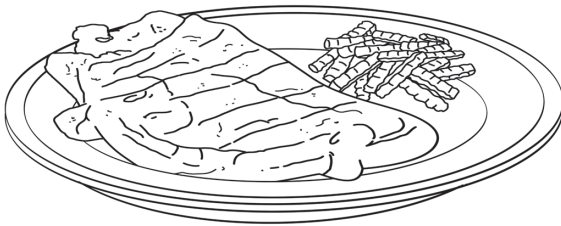
2 Complete the following sentences.

a) Carbohydrates are referred to as _____ foods. [1]

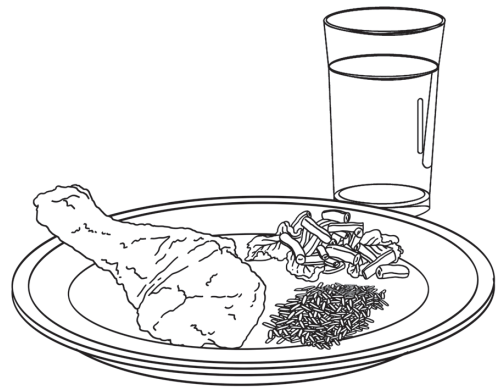
b) Proteins are commonly known as _____ foods. [1]

3 How does fibre help in our diet? _____
_____ [1]

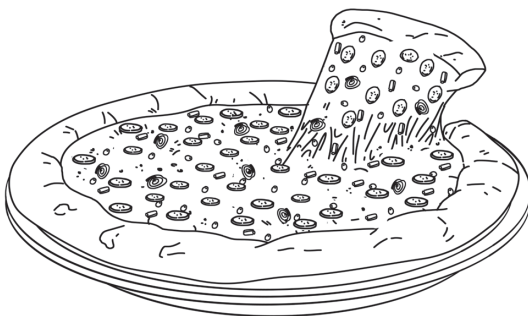
4 Indicate whether the following groups of foods are balanced or not by writing BALANCED or NOT BALANCED on the line below each group.



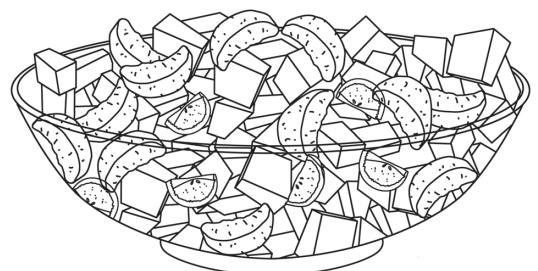
a) _____



b) _____



c) _____



d) _____

[4]

1.4 Diet, activity and age

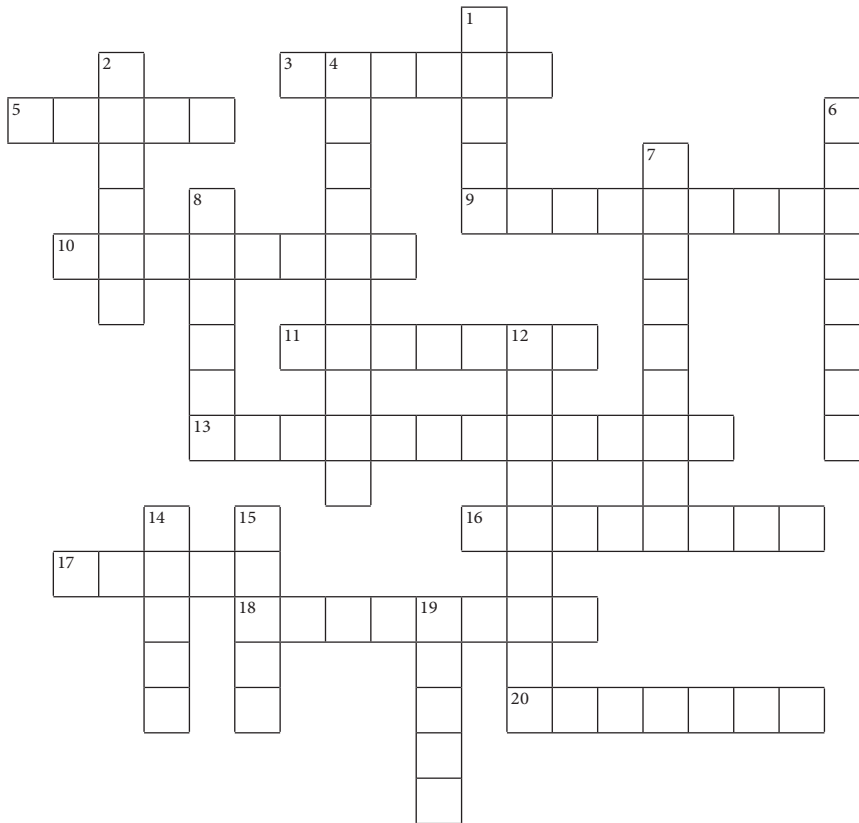
1 Write TRUE or FALSE for each of the statements.

- a) People eat the same amount each day. _____
- b) A person's diet depends on their age. _____
- c) A secretary's diet needs fewer calories than that of a farmer. _____
- d) Growing children need more protein in their diet than adults do. _____
- e) If someone is not very active, they do not need carbohydrates. _____
- f) For a body to repair, protein is needed. _____
- g) All healthy diets consist of over 2000 calories per day. _____
- h) Newborn babies sleep most of the time, so they do not need much nutrition. _____
- i) Bedridden people need a diet that provides a great amount of nutrition. _____
- j) A lack of the required nutrition leads to malnutrition. _____
- k) The heartbeat is automatic, so it is not affected by nutrition. _____

[11]

1.5 and 1.6 The digestive system

1 Use the clues below to complete the crossword puzzle about the digestive system.



Across

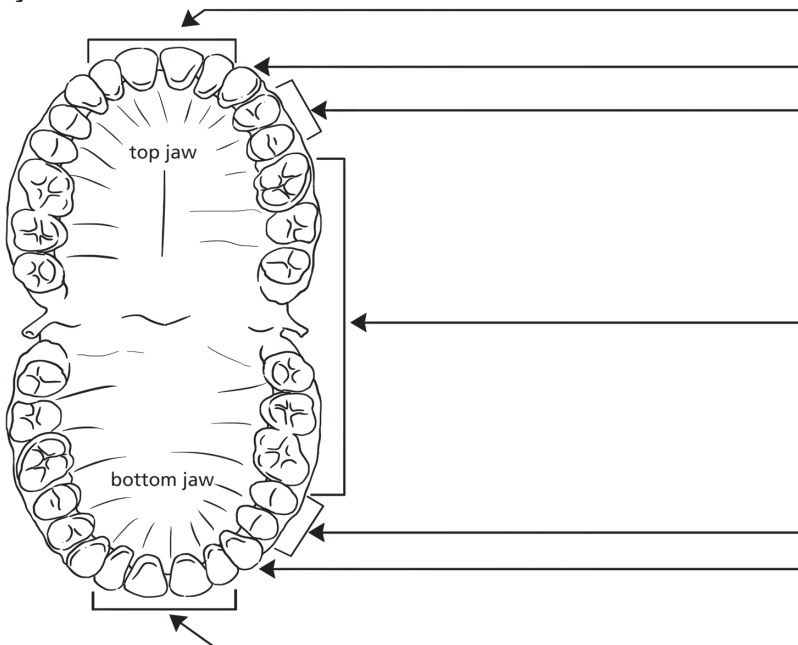
3. _____ is the undigested waste from the body.
5. Food is chewed in the _____.
9. _____ are obtained from the foods we eat.
10. Proteins are broken down to _____.
11. The _____ is the size of a fist.
13. _____ acid is produced by the stomach.
16. The first part of the small intestine is the _____.
17. Food absorption occurs in the _____ intestine.
18. _____ is the removal of undigested food from the body.
20. The _____ in digestive juices chemically break down food.

Down

1. The small intestine is about _____ metres long.
2. Another name for the oesophagus is the _____.
4. The food passes along the _____ canal.
6. The stomach walls are very _____.
7. Food is broken down in the _____ system.
8. The enzymes in saliva convert _____ to glucose.
12. _____ is from plant material.
14. _____ is absorbed in the large intestine.
15. _____ is the second part of the small intestine.
19. The _____ mechanically break down the food.

[10]

- 2 A diagram of the human teeth is shown below. Label the types of teeth indicated by arrows.



[4]

- 3 Complete the statements below.

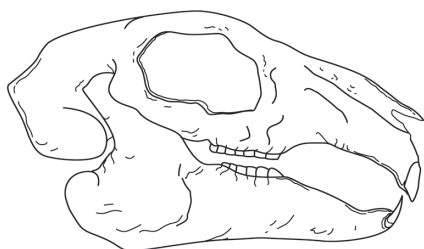
- a) There are _____ types of teeth in our mouth.
- b) The _____ are for cutting.
- c) The _____ are for tearing.
- d) The _____ and _____ are for grinding.

[5]

4 Look at the diagram of a skull and answer the questions.

a) The dentition below is that of a/an:

- i) herbivore ii) carnivore iii) omnivore



b) My reason for my answer to 4 a) is

[2]

1.7 The process of digestion

1 Complete the sentences about digestion.

a) During physical digestion, food is broken down into smaller _____.

b) During chemical digestion, food is broken down into smaller _____.

c) Physical digestion occurs in the _____ and _____.

d) Chemical digestion occurs in the _____, _____
and _____.

[7]

2 Complete the table to show the type of food that is chemically broken down by each enzyme.

ENZYME	FOOD
Carbohydrases	
Lipases	
Proteases	

[3]

3 Circle the number showing the correct answer.

a) What allows the small intestine to have a large surface for absorption?

- i) a rich blood supply ii) thin walls
iii) numerous villi iv) tiny capillaries