

Nutrition

General Instruction:

This task has nine questions and a story.

Take time to read each question very carefully before attempting to answer. Remember to use complete sentences when answering questions that requires you to explain, describe, define and/or give examples/make list.



Instructions to begin:

Read each statement and question carefully. Then, write your answers using complete sentences where applicable.

You may look back on your answers to help you write your story.



Questions:

1. The substances your body gets from the food you eat is called nutrients. Living things cannot stay alive without nutrients. Give a brief description of nutrients and say how they are used by living things.

2. Explain importance of nutrients to our body. Name and explain the nutrients found in the foods we eat that how bodies use. Give examples of two foods in which each nutrient maybe found.



- 3. Explain what happens to your body if your diet contains the following:
 - a. All the nutrients except protein.

- b. Mainly carbohydrates.

- 4. Minerals and vitamins are needed in small amounts for proper nutrition and good health. Explain what will happen to your body if it lacks vitamins and minerals? Gives an example for each.

- 5. Explain briefly the similarities and differences between vitamins and minerals. What are two foods in which both nutrients are found?



6. Two of the most common minerals that we take in through our foods are iron and calcium. Explain why these minerals are so important to the body.

7. For each deficiency disease listed below, write the main nutrient whose absence from a person's diet would most likely cause the disease.

Deficiency Disease	Main cause
Scurvy and colds	
Rickets	
Anaemia	



Clues Across

2. A rich source of protein from the sea.
5. Cherries, citrus fruits and tomatoes are rich sources of this nutrients.
6. Provides a quick source of energy.
8. Substances your body needs for energy, growth and to prevent diseases.

Clues Down

- 1 You need a balanced one to keep healthy.
 3. These substances are found in table salt and liver.
 4. This is the main body building nutrient.
 7. Butter and peanuts have a lot of this food group
10. Based on your understanding of nutrition, write an original story that includes the words:

'And that's why you need to eat your vegetables!'

You may look back at your answers to the above questions. Be sure to use what you know about nutrition, nutrients and the food groups, as well as the information from your answers to help you write your story.



PEP Practice Test:

Science - Performance Task