

Exercise walk-through

Diet ■ 7.1

eXercise

You must be able to

- name the parts of a balanced diet, with a source and a use
- give the role of calcium, iron, fibre and water
- link vitamin C/D deficiency to scurvy/rickets

Method — A balanced diet

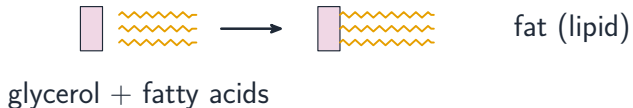
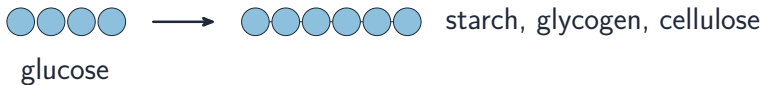
- **carbohydrates:** energy; **proteins:** growth and repair; **fats:** energy store.
- **calcium:** bones/teeth; **iron:** red blood cells; **fibre:** keeps food moving.
- vit C deficiency → **scurvy**; vit D deficiency → **rickets**.

Method — A balanced diet



Fresh fruit and vegetables

Method — A balanced diet



A balanced diet supplies carbohydrates, proteins and fats

Practice 2.1 ■ 1 mark

State the main use of carbohydrates in the diet.

Solution 2.1

Method: A balanced diet

Worked steps

the main source of energy **B1**.

Practice 2.2 ■ 1 mark

State why iron is needed in the diet.

Solution 2.2

Method: A balanced diet

Worked steps

to make red blood cells (haemoglobin) that carry oxygen **B1**.

Exam-style 3.1 ■ 1 mark

A lack of vitamin D causes:

A scurvy

B rickets

C anaemia

D obesity

Solution 3.1

A scurvy

B rickets 

C anaemia

D obesity

Worked steps

B. Lack of vitamin D causes rickets.

Exam-style 3.2 ■ 1 mark

Proteins and fats are both parts of a balanced diet.

- (a) State the use of protein in the body.
- (b) State the role of fibre (roughage).

Solution 3.2

Method: A balanced diet

Worked steps

- (a) growth and repair of cells **B1**.
- (b) it keeps food moving through the gut **B1**.

Exam-style 3.3 ■ 2 marks

Explain why a person who eats too little vitamin C may develop scurvy.

Solution 3.3

Worked steps

vitamin C is needed to keep skin and gums healthy **M1**; without it the gums bleed and wounds heal slowly (scurvy) **A1**.