

Past-paper walk-through

Diet ■ 7.1

eXercise

Questions in this set

- 0610/21 J25 Q9 ■ 1 mark
- 0610/21 J25 Q10 ■ 1 mark
- 0610/21 J25 Q11 ■ 1 mark
- 0610/23 J25 Q10 ■ 1 mark
- 0610/22 M25 Q12 ■ 1 mark

Question 9

0610/21 J25 ■ Q9 ■ 1 mark

- 9 The table shows the recommended daily allowance (RDA) of some nutrients for young children.

The table also shows the masses of these nutrients eaten by a child in one day.

	mass of vitamin C /mg	mass of vitamin D / μ g	mass of iron /mg	mass of calcium /mg
RDA	50	10	11	260
mass eaten in one day	54	5	11	150

Which conditions will the child be at risk of developing if they consume the same diet for a long period of time?

- 1 anaemia (**not** having enough red blood cells)

Question 9

2 rickets

3 scurvy

A 1, 2 and 3 **B** 1 and 2 only **C** 1 and 3 only **D** 2 only

Solution 9

Answer: **D**

Why

- Compare each nutrient eaten against its recommended daily allowance.
- A nutrient below its RDA is deficient; one above it is more than adequate.
- The deficiency disease that follows is the one caused by the nutrient falling short.

Question 10

0610/21 J25 ■ Q10 ■ 1 mark

10 Which term is used for the uptake and use of nutrients by cells?

- A** absorption
- B** assimilation
- C** egestion
- D** ingestion

Solution 10

Answer: **B**

Why

- Absorption is taking the digested nutrients into the blood.
- Assimilation is what happens next: the cells take them up and use them.
- Ingestion is taking food into the body and egestion is removing undigested waste.

Question 11

0610/21 J25 ■ Q11 ■ 1 mark

11 What is the function of trypsin in digestion?

- A** It catalyses the breakdown of maltose in the mouth.
- B** It catalyses the breakdown of maltose in the small intestine.
- C** It catalyses the breakdown of protein in the small intestine.
- D** It catalyses the breakdown of protein in the stomach.

Solution 11

Answer: **C**

Why

- Trypsin is a protease, so it works on protein, not on maltose.
- It is made by the pancreas and works in the small intestine.
- So it catalyses the breakdown of protein into peptides there.

Question 10

0610/23 J25 ■ Q10 ■ 1 mark

10 A person has swollen, bleeding gums and slow wound healing.

This could be caused by a lack of which nutrient in a diet?

- A** calcium
- B** fibre
- C** iron
- D** vitamin C

Solution 10

Answer: **D**

Why

- Bleeding gums and slow wound healing are the classic signs of scurvy.
- Scurvy is a deficiency of vitamin C.
- Vitamin C is needed to make collagen, which is why wounds heal slowly without it.

Question 12

0610/22 M25 ■ Q12 ■ 1 mark

12 A student is told that their diet is **not** balanced and they may be at risk of developing scurvy.

What should the student do to reduce their risk of scurvy?

- A** The student should drink more milk which will provide more calcium.
- B** The student should drink more milk which will provide more vitamin C.
- C** The student should eat more citrus fruits which will provide more calcium.
- D** The student should eat more citrus fruits which will provide more vitamin C.

Solution 12

Answer: **D**

Why

- Scurvy is caused by a lack of vitamin C.
- Vitamin C comes from fresh fruit and vegetables, especially citrus fruit.
- So eating more fresh fruit is the way to reduce the risk – more water or protein would not help.