

7.1 Diet

Name: _____ Class: _____ Date: _____ **Total: 7 marks**

KEY WORDS diet 饮食 • vitamin 维生素 • iron 铁 • calcium 钙 • balanced diet 均衡饮食

Objective

Build the skills to answer exam questions on **diet** 饮食 — a **balanced diet** 均衡饮食, food sources and uses, and deficiency diseases.

You must be able to:

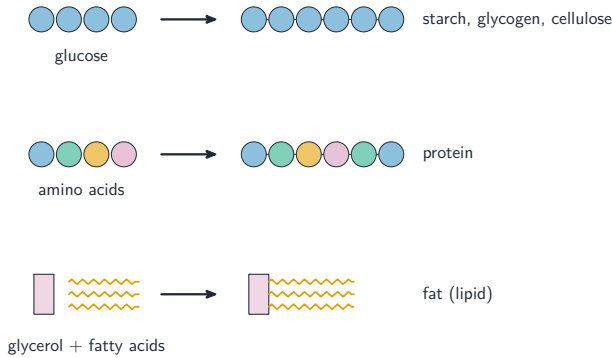
- name the parts of a balanced diet, with a source and a use
- give the role of calcium, iron, fibre and water
- link vitamin C/D deficiency to scurvy/rickets

1 Worked examples

■ A balanced diet



A balanced diet supplies all the substances you need, in the right amounts



A balanced diet supplies carbohydrates, proteins and fats

- **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**.

2 Practice

2.1 State the main use of carbohydrates in the diet. [1]

2.2 State why iron is needed in the diet. [1]

3 Exam-style questions

3.1 A lack of vitamin D causes: [1]

- A scurvy
- B rickets
- C anaemia
- D obesity

3.2 Proteins and fats are both parts of a balanced diet.

(a) State the use of protein in the body.

[1]

(b) State the role of fibre (roughage).

[1]

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

[2]

Solutions

2.1 the main source of energy.

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

3.1 B. Lack of vitamin D causes rickets.

3.2 (a) growth and repair of cells.

(b) it keeps food moving through the gut.

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