

## Solutions

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Each answer shows the steps, then the **result**.

### 2.1

- carbohydrates are the **main source of energy**

### 2.2

- iron is needed to make **haemoglobin** in red blood cells that carry oxygen

### 3.1 B

- lack of vitamin D causes **rickets**
- A is vitamin C; C is iron; D is too much energy

### 3.2

(a)

- protein is used for **growth and repair** of cells

(b)

- fibre **keeps food moving through the gut**

### 3.3

- vitamin C keeps **skin and gums healthy**
- without it gums bleed and wounds heal slowly — **scurvy**