

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 /µg	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)
- 2 rickets
- 3 scurvy

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

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

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

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.

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

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.