

## Organisms

## 4. Digestion

## CONCEPT 1

## TEST YOURSELF

## HEALTHY DIET

## KNOW

- Q1 Name the main food group we get from fish.
- Q2 Give two foods that contain carbohydrates
- Q3 Which food group adds bulk to our food and helps it move through the digestive system?

## APPLY

- Q4 Use the *eat well plate* to list the food types in order of the relative proportions we should include in our diet.



## EXTEND

- Q5 Suggest why there might be a difference in the energy requirements of an average adult woman and a pregnant woman.
- Q6 A ten-year-old child ate a whole packet of biscuits. The biscuits in the pack had a mass of 400g. How many more grams of carbohydrate did the child eat compared to his UK guideline daily amount?

Average values	per 100 g	per biscuit	UK guideline daily amounts	
			Adults	Children (5 – 10 years)
Energy	1974 kJ	446 kJ	8500 kJ	7500 kJ
Protein	7.1 g	1.1 g	45 g	24 g
Carbohydrate	62.8 g	9.3 g	230 g	220 g
Fat	21.3 g	3.2 g	70 g	70 g
Sodium	3.6 g	0.5 g	2.4 g	1.4 g