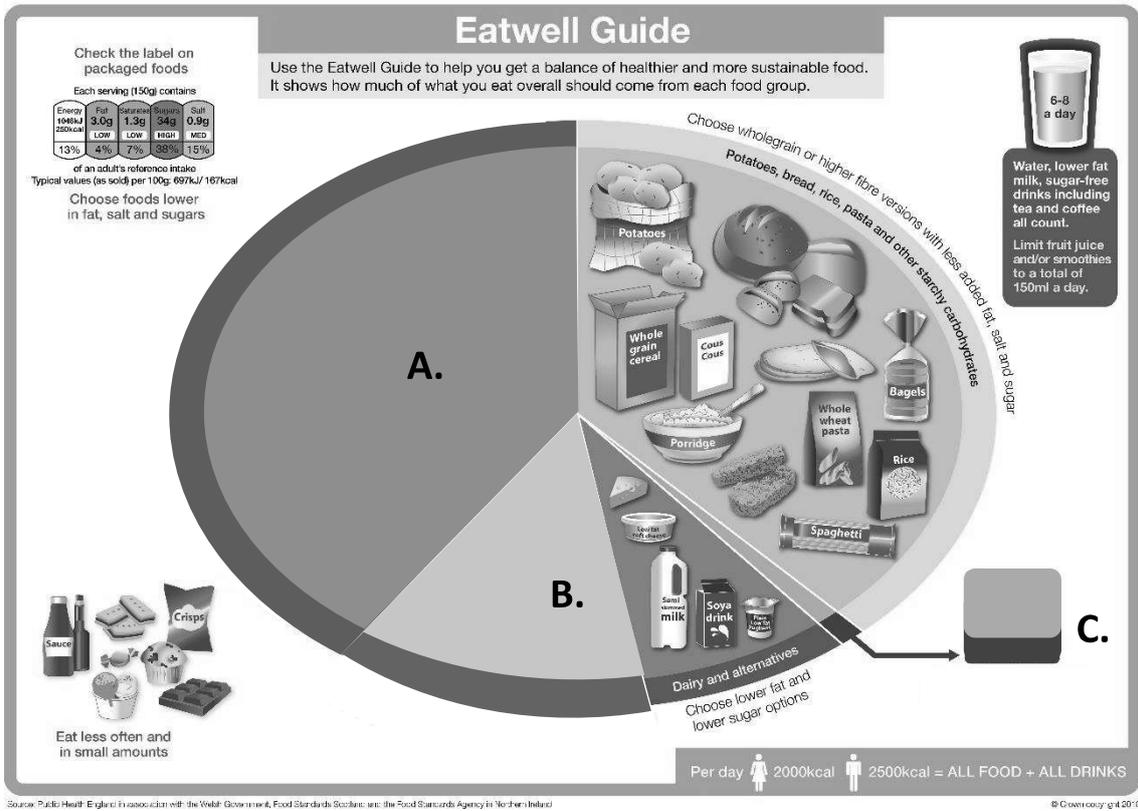


TT6 Nutritional needs and health: Making informed choices; Energy needs; How to carry out nutritional analysis

1. Complete the Eatwell Guide (below) to name and describe the three missing food groups. Then provide a food source you would expect to find in that group.

(3 marks)



	Food group	Description	Food source
A.			
B.			
C.			

2. i) Define BMR and explain the importance of two factors that affect it.

(3 marks)

BMR is

.....

.....

Factor 1

.....

.....

Factor 2

.....

.....

ii) Define PAL.

(1 mark)

.....
.....

iii) Explain how BMR and PAL affect the total energy expenditure of an individual.

(1 mark)

.....
.....

3. Explain **one** dietary requirement for each of the following life stages.

i) Small children

(2 marks)

.....
.....
.....
.....



ii) Teenagers

(2 marks)

.....
.....
.....
.....



iii) Adults

(2 marks)

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.....
.....



iv) The elderly

(2 marks)

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.....



4. i) From the foods below circle those which are suitable for vegetarians. (1 mark)

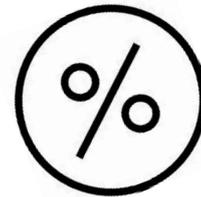
<i>fish pie</i>	<i>cottage pie</i>	<i>ham sandwich</i>	<i>cheese sandwich</i>
<i>chicken broth</i>	<i>pizza margherita</i>	<i>tuna salad</i>	<i>spaghetti bolognese</i>
<i>fruit smoothie</i>	<i>milkshake</i>	<i>scrambled eggs</i>	

ii) From the foods below circle those which are suitable for vegans. (1 mark)

<i>fish pie</i>	<i>cottage pie</i>	<i>ham sandwich</i>	<i>cheese sandwich</i>
<i>chicken broth</i>	<i>pizza margherita</i>	<i>tuna salad</i>	<i>spaghetti bolognese</i>
<i>fruit smoothie</i>	<i>milkshake</i>	<i>scrambled eggs</i>	

5. Indicate how much energy (as a percentage) should be provided by different sources in a balanced diet. (1 mark)

Proteins	
Fats	
Complex carbohydrates	
Free sugars	



6. Lisa wants to maintain a healthy body weight and stay fit.

i) What foods should she avoid? Give **two** examples. (1 mark)

.....

ii) What foods should she eat in larger amounts? Give **two** examples. (1 mark)

.....

iii) What else can she do to keep her body fit? Give one example. (1 mark)

.....

7. i) Define lactose intolerance. (1 mark)

.....

ii) State one symptom characteristic of lactose intolerance. (1 mark)

.....

iii) List **two** products or dishes not recommended for individuals with this condition. **(2 marks)**

.....
.....

8. List **two** situations / health conditions in which a high-fibre diet might be of benefit. **(2 marks)**

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9. Discuss dietary recommendations for coeliac disease. **(4 marks)**

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Test continues overleaf

10. Read the recipe for a fish pie below. Suggest one modification that would make the dish suitable for:

- a vegan
- a coeliac
- a person on a high-fibre diet
- a three-year-old child

given that a typical portion is about 300g. Justify your answers.

Ingredients	In 100g	
	Potato	kcal
Carrot	Carbohydrates	8g
Cheddar	Proteins	9g
Lemon	Fats	7.5g
Haddock	Sodium	3.5g
Salmon	NSP	1g
Olive oil		
Salt, pepper		



i) A vegan (1 mark)

.....

.....

ii) A coeliac (1 mark)

.....

.....

iii) A person on a high-fibre diet (1 mark)

.....

.....

iv) A three-year-old child (1 mark)

.....

.....

Total marks _____ /36