

Diet: practice questions

4 questions • 10 marks • mark scheme at the back

For Cambridge IGCSE Combined Science 0653. **Supplement** is Extended content, only examined on Papers 2 and 4.

Name

Total / 10

- 1** Name the nutrient that is needed for each of the following uses in the body. (a) Growth [3 marks]
and repair of tissues (b) Making haemoglobin (c) Providing insulation and an energy store

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- 2** Describe what is meant by a balanced diet. [2 marks]

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- 3** Complete the table by stating one dietary source and one importance for each nutrient. [4 marks]

Nutrients		
Nutrient	Dietary source	Importance
Calcium		
Fibre		

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- 4** Which statement about nutrients is correct? [1 mark]

- A. ☐ Vitamin D helps the absorption of calcium
- B. ☐ Iron is needed to make bones
- C. ☐ Water provides energy
- D. ☐ Protein provides insulation

Mark scheme

One mark for each point unless a maximum is given. Words in brackets are not needed for the mark.

1. [3]

- (a) protein (1)
- (b) iron (1)
- (c) fat(s) / oil(s) (1) allow lipid(s)

2. [2]

- contains all the nutrients / carbohydrates, fats, proteins, vitamins, minerals, fibre and water (1)
- in the correct proportions / amounts (1)
- gives the right amount of energy for the person's needs / age, sex, activity (1)
- Max 2

3. [4]

- calcium source: milk / cheese / yoghurt / dairy foods (1)
- calcium importance: making bones and teeth / strong or hard bones and teeth (1)
- fibre source: wholemeal bread / vegetables / fruit / cereals (1)
- fibre importance: provides bulk for muscles of gut to push food along / prevents constipation (1)

4. [1]

A A