

Diet: practice questions

6 questions • 15 marks • mark scheme at the back

For Cambridge IGCSE Biology 0610 (and 0970, which has the same content). **Supplement** is Extended content, only examined on Papers 2 and 4.

Name

Total / 15

- 1** A sailor has no fresh fruit or vegetables in his diet for several months. His gums bleed and his wounds heal slowly. Which deficiency disease does he have? **[1 mark]**

- A. ☐ Anaemia
B. ☐ Rickets
C. ☐ Scurvy
D. ☐ Obesity

- 2** 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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- 3** Describe what is meant by a balanced diet. **[2 marks]**

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

Nutrients		
Nutrient	Dietary source	Importance
Calcium		
Fibre		

- 5** (a) State the cause of scurvy. [1] (b) State one food that would help to prevent scurvy. [1] (c) **[4 marks]**
Rickets is a disease of the bones in children. Explain how a lack of vitamin D can cause rickets. [2]

- 6** 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. [1]

C C (scurvy)

2. [3]

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

3. [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

4. [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)

5. [4]

- (a) lack of / not enough vitamin C (1)
- (b) citrus fruit / orange / lemon / fresh vegetables / fresh fruit (1)
- (c) vitamin D helps absorb calcium (1)
- calcium needed to harden bones / without calcium the bones are soft (and bend) (1)

6. [1]

A A