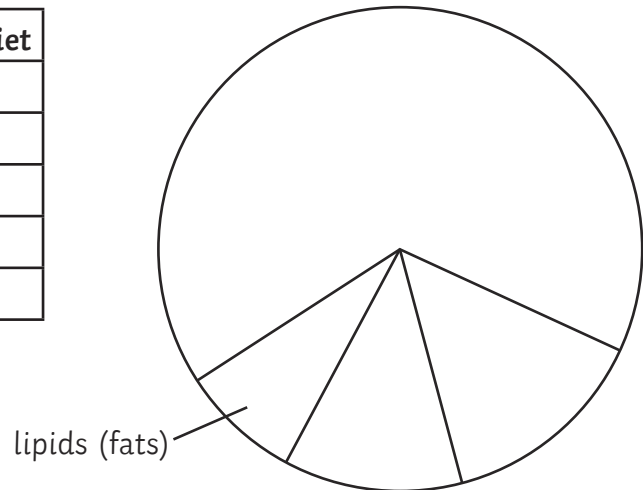


Name:	Class:	Date given:
		Date due in:

# Nutrition

1. Use the information in the table to complete the pie chart. [4]

Nutrient group	Recommended % of diet
Carbohydrates	33
Lipids (fats)	8
Protein	12
Fruit and vegetables	33
Dairy	14



2. Match the foods to their main nutrient content . [3]

- potato
- butter
- yoghurt
- fish

- carbohydrates
- calcium (minerals)
- fats
- protein

Have a look at the nutrition label below, taken from a yoghurt.

Nutrition information		
Typical values	Per Serving	% based on GDA for women
Energy	320kJ 76 kcal	3.8%
Protein	6.1g	13.6%
Carbohydrates of which sugars	8.6g 8.6g	3.7% 9.6%
Fat of which saturates	1.9g 1.1g	2.7% 5.5%

3a. Peter is an athlete. He requires 15,500 kJ / day. What percentage of his recommended daily energy intake is the yoghurt? [2]

\_\_\_\_\_ %

3b. Paula is an average woman. What percentage of her recommended daily energy intake is the yoghurt? [2]

\_\_\_\_\_

4. What might happen to Paula is she regularly exceeds her GDA? [1]

\_\_\_\_\_

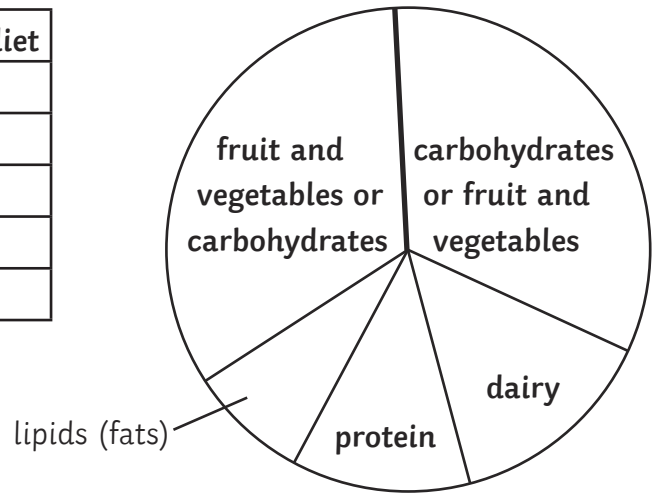
**Learning Outcomes** (tick if achieved)

Q1,2	Content of a healthy diet.	
Q3	Calculations of energy requirements in daily diet.	
Q4	Describe affects of dietary imbalances.	

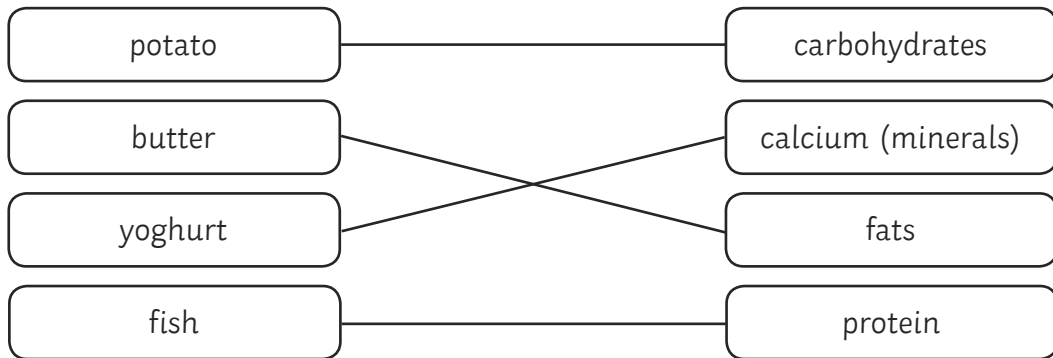
# Nutrition Answers

1. Use the information in the table to complete the pie chart. [4]

Nutrient group	Recommended % of diet
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2. Match the foods to their main nutrient content . [3]



3a. Peter is an athlete. He requires 15,500 kJ / day. What percentage of his recommended daily energy intake is the yoghurt? [2]

$$320 \div 15500 = 0.02064$$

$$0.02064 \times 100 = 2.064$$

2.1 %

3b. Paula is an average woman. What percentage of her recommended daily energy intake is the yoghurt? [2]

**3.8% (taken directly from the table)**

4. What might happen to Paula is she regularly exceeds her GDA? [1]

**Become obese (overweight)**