

GCSE Food, Preparation and Nutrition

Revision Questions with Model Answers: Food, Nutrition & Health

✓ 17 Questions with answers

✓ 4 Rounds covering Food, Nutrition and Health

✓ Student friendly

24 Slide / GCSE Revision Questions

Slide 1: Importance of Food

Q1: State the importance of the following food items.

- Q1.1: Carbohydrates - provides energy for the body. (1 mark)
- Q1.2: Protein - helps to repair tissues in the body. (1 mark)
- Q1.3: Vitamins - essential for health. (1 mark)
- Q1.4: Minerals - essential for health. (1 mark)

Slide 2: Food Labeling

Q2: Match and label each section of the Food Label.

1 mark per correct labelled area. 1 mark for accuracy of details showing correct portions of each food type.

Slide 3: Food Safety

Q3: Give three reasons why food safety is important.

Our bodies need food to help us grow. A diet that is too rich in fat can lead to obesity. Food is also important as it can help us to stay healthy. Food is also important as it can help us to stay healthy. Food is also important as it can help us to stay healthy.

Slide 4: Food Storage

Q4: State the nutritional needs for...

Q4.1: Elderly

Older people are required to eat more food than younger people. They need more food to maintain their weight. They need more food to maintain their weight. They need more food to maintain their weight.

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