

ANSWER SHEET

AQA Home Economics Food and Nutrition 4585 Year 10 Nutrition Test

1. (a) Name the main functions of PROTEIN in the body

Growth, repair, maintenance

(b) Proteins are made up of Molecules

(c) These combine together to make Amino Acids

2. What chemical elements make up PROTEIN?

Hydrogen, Oxygen, Carbon, Nitrogen

3. What is an indispensable amino-acid?

It is an essential amino-acid required by adults (8) and children (10) that cannot be made by the body and must therefore be eaten in food

4. What are Low Biological Value Proteins and in which foods are they mainly found?

They lack one or more of the essential amino acids and are mainly found in plant sources e.g. cereal, peas, beans, nuts and lentils.

5. Write a definition for 'alternative proteins'

A substitute for animal protein such as Tofu, Soya, Quorn, TVP

6. Who might eat alternative proteins?

Vegetarians

7. What chemical elements make up FAT?

Carbon, Hydrogen, Oxygen

8. What are the main functions of FAT in the diet?

Warmth and to Protect vital organs

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