
AQA GCSE Food Technology Exam Questions with Verified Answers

Sources of protein - ANSWER-meat, fish, cheese, eggs, nuts, seeds, beans

Proteins are made of - ANSWER-amino acids

We need to eat which amino acids - ANSWER-essential amino acids (EAA's)

Why do we need protein - ANSWER-growth, repair, maintenance

What are high biological value proteins? - ANSWER-contain all essential amino acids / EAA's

What are low biological value proteins? - ANSWER-only contain some EAA's / essential amino acids

What is protein complementation? - ANSWER-Where LBV proteins are combined

Example of protein complementation - ANSWER-Beans on toast, hummus and pitta

Amount of protein for males - ANSWER-55g

Amount of protein for females - ANSWER-45g

Extra amount of protein if pregnant - ANSWER-6g

Excess protein - ANSWER-strains liver and kidneys

deficiency of protein - ANSWER-slow growth, bad nails, oedema, bad immune system, kwashiorkor

examples of alternative proteins - ANSWER-soya, mycoprotein, tofu, TVP

Why are fats needed? - ANSWER-energy, insulation, protect organs, absorb vitamins, make cholesterol

structure of saturated fats - ANSWER-single C-C bond

Structure of unsaturated fats - ANSWER-double C=C bond

What are fats made of? - ANSWER-3 fatty acids and glycerol

Which fats are bad for your health? - ANSWER-saturated fats

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