

Vitamins and Minerals

Questions 2016:

1) Vitamins and minerals are important components on any diet.

1a) Tick the correct box to identify whether Iodine is a vitamin or mineral.

(1 mark)

Vitamin

Mineral

1b) Tick the correct box to identify whether folic acid is a vitamin or mineral.

(1 mark)

Vitamin

Mineral

1c) Tick the correct box to identify whether riboflavin is a vitamin or mineral.

(1 mark)

Vitamin

Mineral

1d) Tick the correct box to identify whether zinc is a vitamin or mineral.

(1 mark)

Vitamin

Mineral

2) The human body can become deficient in Vitamin D.

2a) Name **three** sources of vitamin D. (3 marks)

1) _____

2) _____

3) _____

2b) State **two** functions of vitamin D. (2 marks)

1) _____

2) _____

2c) Give **three** consequences of the body being deficient in vitamin D. (3 marks)

1. _____

2. _____

3. _____

2015 paper:

1) Name **two** different sources of zinc: (2 marks)

a) _____

b) _____

2) Briefly explain the consequences of the body being deficient in zinc. (2 marks)

3) Identify **two** different sources of vitamin A. (2 marks)

a) _____

b) _____

4) Give **two** functions of vitamin A. (2 marks)

a) _____

b) _____

2014 paper:

1) Give **two** functions of calcium in the body. (2 marks)

a) _____

b) _____

2) Describe the possible effect of calcium deficiency in the body. (3 marks)

3) State **two** sources of calcium in the diet. (2 marks)

a) _____

b) _____

2012 Specimen Paper:

1) Name **two** functions of iron in the body and describe the effect of iron deficiency in the body. (5 marks)

2) State **two** sources of iron that a person may wish to consider adding to their diet.

(2 marks)

Carbohydrates:

2016:

- 1) Give **two** functions of carbohydrates during exercise. (2 marks)

- 2) State **two** main sources of carbohydrates. (2 marks)

2012 Specimen paper:

- 1) Person A's diet consists of a high proportion of carbohydrate foods. Describe how Person A's body will effectively use the carbohydrates during exercise. Refer to physiological processes in your answer. (5 marks)

THERE ARE NO DIRECT QUESTIONS ABOUT FAT IN ANY PAST PAPER. THERE ARE ONLY QUESTIONS ABOUT THE DISEASES ASSOCIATED WITH HIGH FAT DIETS.

Proteins:

2014 paper:

- 1) Name **two** functions of protein. (2 marks)

a) _____
b) _____

- 2) Briefly outline how a high protein diet would be effective when exercising regularly. (2 marks)

3) State **two** sources of protein.

(2 marks)

a) _____

b) _____