



Food Exam
Questions

2012 - Higher

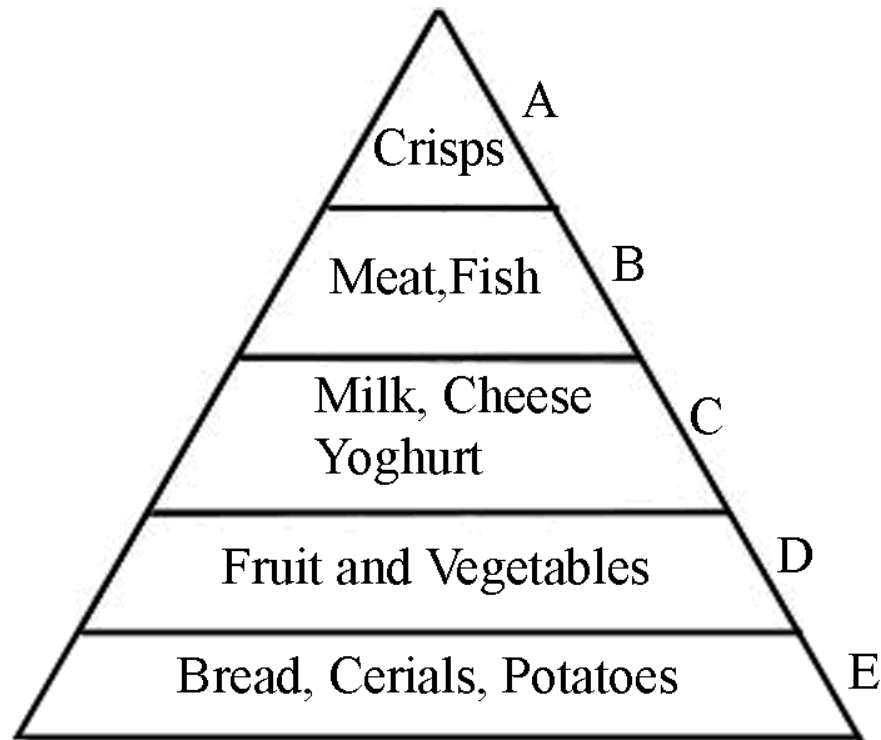
Eggs can form part of a balanced diet and provide a good source of some food types.

Name two of these food types.

1 _____

2 _____

2011 - Higher



2011 - Higher

The diagram is of a food pyramid.

Name one other food from level **B**.

Food _____

What is the dietary reason why the area of level **A** is much less than the area of level **E** in the food pyramid?

Why?



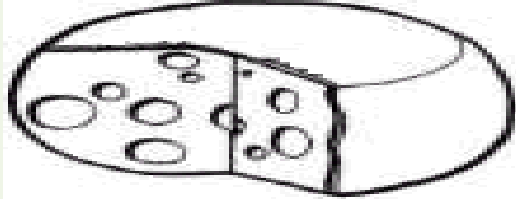
2011 - Ordinary

Proteins, fats and carbohydrates form part of a balanced diet.

Answer the following questions about food.

1. In the table write the letter **F** beside a good source of **fat**.
2. Write the letter **S** beside a good source of **starch**.

2011 - Ordinary

	Potatoes	
	Chicken	
	Cheese	

2011 - Ordinary

1. Write the letter **C** beside the chemical used to test for **starch**.

	Iodine Solution
	Benedict's Solution

2011 - Ordinary

Food (e.g. a peanut or crisps) is a store of chemical energy.

Describe, with the help of a labelled diagram, an investigation to **show the conversion of chemical energy in a food to heat energy**. The headings below may be helpful.

Equipment:

2011 - Ordinary

Procedure:

Result:

2011 - Ordinary

Labelled Diagram:



2010 - Higher

Protein, carbohydrate and fat can all be used to provide energy in our bodies.

The table gives the amount of these food constituents, in grams per 100 grams for five common foods.

The energy content per 100 g of each food has also been given. The energy values have been rounded off to the nearest 100 kJ.

2010 - Higher

Food Constituent	Protein	Carbohydrate	Fat	Energy kJ/100g
Food 1 – baked beans	4.0g	17.5g	0.4g	400
Food 2 – cooked chicken	26.2g	Nil	1.6g	500
Food 3 – eggs	12.5g	Nil	11.2g	600
Food 4 – bread (wholemeal)	9.0g	45.0g	2.2g	1000
Food 5 – cheddar cheese	25.4g	0.1g	34.9g	1700

2010 - Higher

- Graph needs to be scanned in
- Draw a **bar chart**, in the grid below, to **compare the energy content** of 100 g of foods 1-5 given in the table above.

2010 - Higher

Which **food constituent** is primarily responsible for the high energy content of cheese? What **evidence** does the table provide to support your answer?

Which?

What?

2010 - Higher

Describe how to **test a food** for the presence of **fat**.

2010 - Ordinary

Some Fehling's (or Benedict's) solution was added to a food sample. The mixture was blue at the start.

When the mixture was heated a brick-red colour appeared.

For which **food type** is this a positive test?

What is the **function** of this food type in the body?

2009 - Ordinary

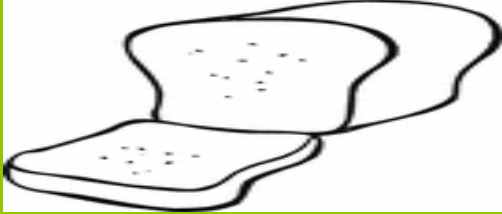

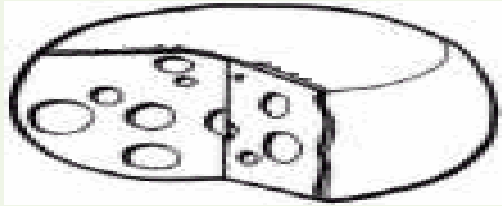
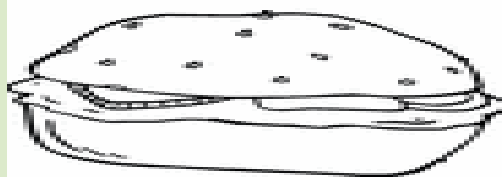
Proteins, fats and carbohydrates form part of a balanced diet.

Answer the following questions about food types.

1. In the table write the letter **F** beside a good source of **fat**.
2. Write the letter **C** beside a good source of **carbohydrate**.

Give **one function** of **fibre** in the diet.

2009 - Ordinary

	Bread	
	Carrots	
	Cheese	
	Burger	

2008 - Higher

Vitamins are part of a balanced diet.

Give **one function each** for

1. vitamins
2. minerals in our bodies

(Two *different functions* are required.)

1. _____

2. _____

2008 - Ordinary

The table shows the nutritional information given on the labels on two foods **A** and **B**.

1. Which food, **A** or **B**, provides the most energy per 100 g? _____
2. Which food, **A** or **B**, is **more likely to be cheese**?

3. Give a reason for your answer.

2008 - Ordinary

Nutritional Information	Food A per 100g	Food B per 100 g
Energy	1629 kJ	394kJ
Protein	26 g	5.6 g
Carbohydrate	Trace	20.3 g
Fat	19.5g	0.6 g

2008 - Ordinary

In the table write the letter **S** beside the name of the **solution** used to test (the test reagent) for the presence of a reducing sugar.

	Biuret
	Benedict's
	Fehling's

2008 - Ordinary

In the table write the letter **R** beside the name of a **reducing sugar**.

	Glucose
	Sucrose

2008 - Ordinary

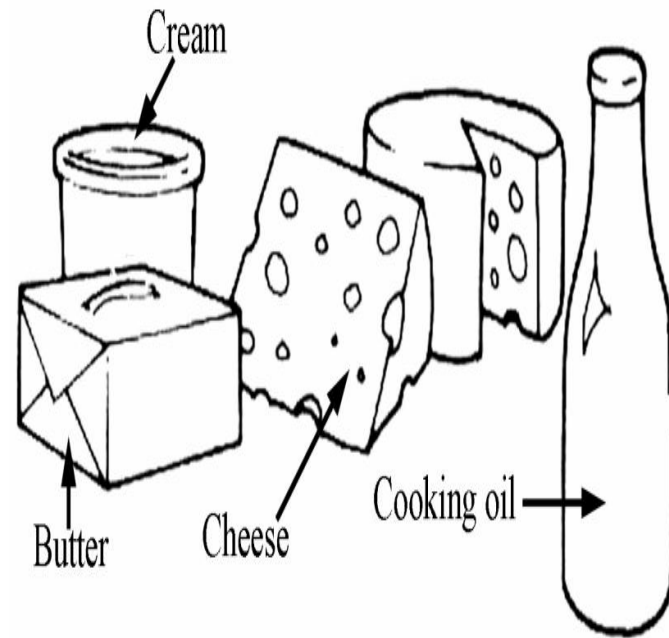
1. In the table write the letter **B** beside the **colour** of the test solution used at the **beginning** of the experiment.
2. In the table write the letter **E** beside the **colour** of the test solution that indicates a **positive result** for the presence of a reducing sugar.

	Brown
	Blue
	Brick Red

2007 - Higher

Name the principal **food type (nutrient)**, which is present in all of the foods shown.

Name _____



2007 - Higher

Describe a **test** to show the **presence of the food type** that you have named in food samples.



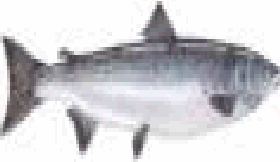
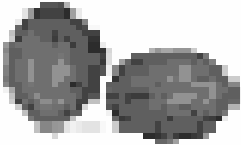
2007 - Higher

Describe a simple laboratory experiment to show the **release** of **chemical energy** from food as **heat**.

2007 - Ordinary

Protein and carbohydrate form part of a balanced diet.

1. In the table on the right write the letter **P** beside a good source of **protein**.
2. Write the letter **C** beside a good source of **carbohydrate**

	Carrot	
	Cheese	
	Fish	
	Potato	

2006 - Higher

Nutritional Information per 100 g

Energy	872 kJ / 206 kcal
Protein	15 g
Carbohydrate	26.8g
(of which sugars)	3.8 g
Fat	2.5g
(of which saturates)	0.5 g
Fibre	36.5 g
Sodium	0.028 g

2006 - Higher

This nutritional information was given on a packet of wheat bran. Wheat bran is used with breakfast cereals and is added to brown bread.

Select **any two nutrients** from the list given and say what **role** each one has in maintaining health.

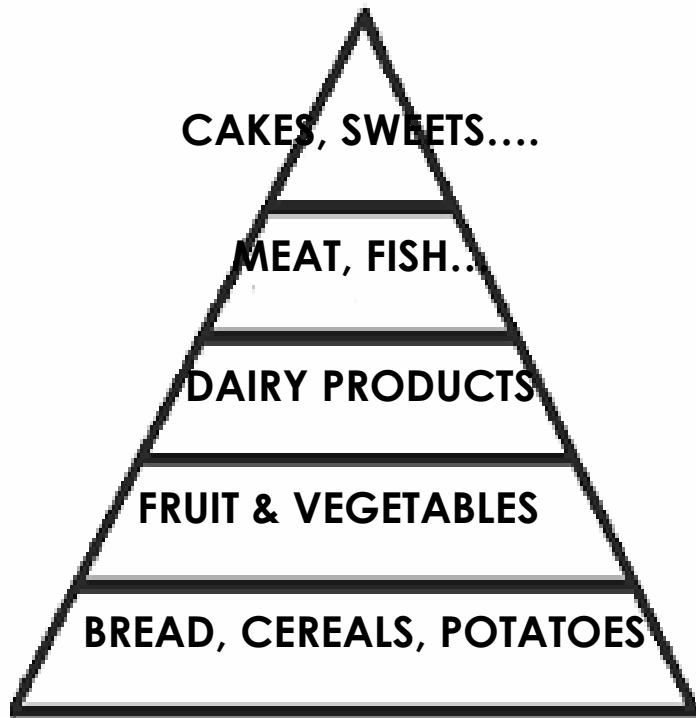
Nutrient 1 _____ **Role of 1**

Nutrient 2 _____ **Role of 2**

The diagram shows a food pyramid.

Explain how to use a food pyramid to plan a healthy diet.

2006 - Higher



The diagram shows a food pyramid.

Explain how to use a food pyramid to plan a healthy diet.

2006 - Higher

Tests were carried out on three foods by a pupil in a school laboratory.

The results of these tests are given in the table.

A plus (+) sign means a positive result to a test.

A minus (–) sign means a negative result to a test.

2006 - Higher

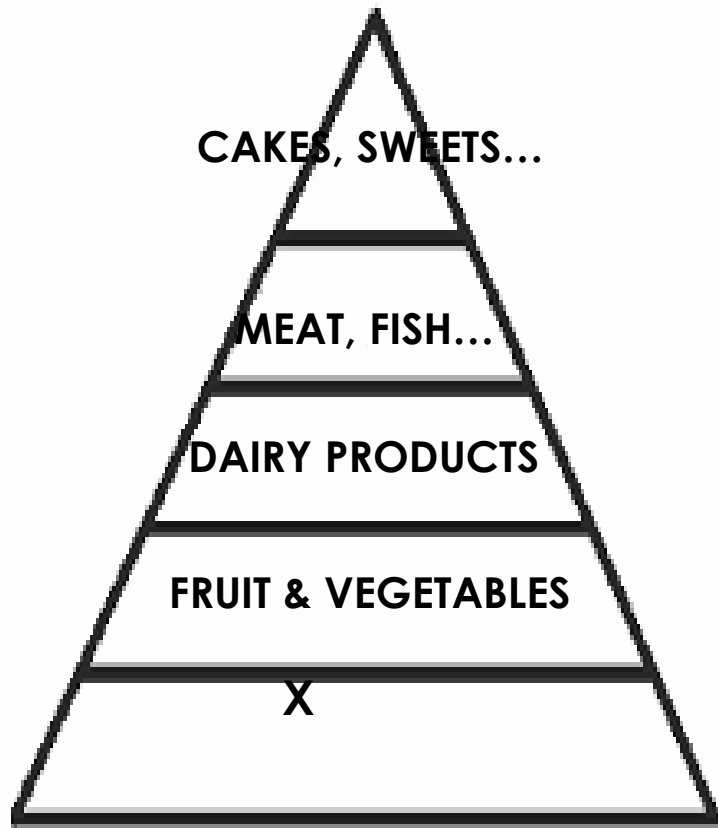
Food Tested	Starch	Reducing Sugar	Protein	Fat
Food A	+	-	-	+
Food B	-	-	+	+
Food C	+	-	+	+

2006 - Higher

1. Which **one** of the foods, **A**, **B** or **C** would most likely be cheese, meat, or fish?

2. Which **one** of the foods, **A**, **B** or **C** would most likely be crisps, or chips?

2006 - Ordinary



The diagram shows a food pyramid.

- **Name** one item of food that could be found at **X** in the pyramid.

- **Why** should only a small amount of the foods at the top of the pyramid be eaten?
