Food Exam Questions
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

Diagram:

- A: Crisps
- B: Meat, Fish
- C: Milk, Cheese, Yoghurt
- D: Fruit and Vegetables
- E: Bread, Cereals, Potatoes
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

<table>
<thead>
<tr>
<th></th>
<th>Potatoes</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><img src="image" alt="Potatoes" /></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken</td>
<td><img src="image" alt="Chicken" /></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese</td>
<td><img src="image" alt="Cheese" /></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
1. Write the letter **C** beside the chemical used to test for **starch**.

<table>
<thead>
<tr>
<th>Iodine Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benedict’s Solution</td>
</tr>
</tbody>
</table>
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:
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

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

___________________________________________________

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

__________________________
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.
<table>
<thead>
<tr>
<th>2009 - Ordinary</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bread</strong></td>
<td>![Bread Image]</td>
</tr>
<tr>
<td><strong>Carrots</strong></td>
<td>![Carrots Image]</td>
</tr>
<tr>
<td><strong>Cheese</strong></td>
<td>![Cheese Image]</td>
</tr>
<tr>
<td><strong>Burger</strong></td>
<td>![Burger Image]</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th>Nutritional Information</th>
<th>Food A per 100g</th>
<th>Food B per 100 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>1629 kJ</td>
<td>394kJ</td>
</tr>
<tr>
<td>Protein</td>
<td>26 g</td>
<td>5.6 g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>Trace</td>
<td>20.3 g</td>
</tr>
<tr>
<td>Fat</td>
<td>19.5g</td>
<td>0.6 g</td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>Biuret</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benedict’s</td>
</tr>
<tr>
<td>Fehling’s</td>
</tr>
</tbody>
</table>
2008 - Ordinary

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

<table>
<thead>
<tr>
<th>Glucose</th>
<th>Sucrose</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
1. In the table write the letter **B** beside the **colour** of the test solution used at the **beginning** of the experiment.

<table>
<thead>
<tr>
<th>Brown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue</td>
</tr>
<tr>
<td>Brick Red</td>
</tr>
</tbody>
</table>

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.
2007 - Higher

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

Name __________________
Describe a test to show the presence of the food type that you have named in food samples.
Describe a simple laboratory experiment to show the release of chemical energy from food as heat.
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**.
### Nutritional Information per 100 g

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>872 kJ / 206 kcal</td>
</tr>
<tr>
<td>Protein</td>
<td>15 g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>26.8 g</td>
</tr>
<tr>
<td>(of which sugars)</td>
<td>3.8 g</td>
</tr>
<tr>
<td>Fat</td>
<td>2.5 g</td>
</tr>
<tr>
<td>(of which saturates)</td>
<td>0.5 g</td>
</tr>
<tr>
<td>Fibre</td>
<td>36.5 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>0.028 g</td>
</tr>
</tbody>
</table>
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.*

__________________________________________
__________________________________________
__________________________________________
__________________________________________
The diagram shows a food pyramid.

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

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
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

<table>
<thead>
<tr>
<th>Food Tested</th>
<th>Starch</th>
<th>Reducing Sugar</th>
<th>Protein</th>
<th>Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food A</td>
<td>+</td>
<td>-</td>
<td>-</td>
<td>+</td>
</tr>
<tr>
<td>Food B</td>
<td>-</td>
<td>-</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>Food C</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>+</td>
</tr>
</tbody>
</table>
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?

____________________________
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?