

8A Food, glorious food!

8Aa Advertising food

Pupil's Book page 7

- Children were being persuaded to eat unhealthy foods after seeing them advertised on TV.
 - They showed one group of children some adverts for foods and another group of children adverts for toys. They then offered all the children some food and watched to see what they ate.
 - evidence for
- Children today do less exercise; food today is more fattening.
 - Pupils' own responses should include an indication of a fair test.
- High levels of fat – although pupils are not expected to know this yet. 'Fattening things', 'things that are bad for you', etc. are appropriate answers.

Pages 8–9

- what you eat
- protein, carbohydrate, fat, fibre, vitamins, minerals
 - 66.1 g
- carbohydrates, fats, proteins, vitamins and minerals
 - fibre and water
 - fibre for healthy intestines; water as a solvent/to fill up cells/to keep cool
- starch
- a fizzy drink, chocolate
- starch

Differentiated Classwork and Homework Activity Pack

8Aa(1)

- nutrition information tables
- a 9.2 g b 4 g
- growth and repair, energy, health
- vitamins and minerals
- constipation
- starch
- iodine solution

8Aa(8)

- true
 - false – Meat contains a lot of protein.
 - false – Iodine solution can be used to test for starch.
 - false – Any two nutrients from: carbohydrate; sugar; starch; fat; protein; vitamins; minerals.
 - false – It is very important to have a balanced diet.
- protein 'is needed for' growth and repair
 - sugar 'is a type of' carbohydrate
 - water 'is needed for' health
 - fibre 'is needed for' healthy intestines
 - vitamins 'are needed for' health

Note that other permutations are possible (e.g. water 'is not a' nutrient).

8Aa(9)

- carbohydrates, fats, minerals, vitamins
- what someone usually eats
- 2.6 g
 - 58 g
 - starch
 - $(58 - 1) \times 2 = 114$ g
 - vitamins and minerals
 - expected answer is 'to move'

- It contains fat.
- iodine solution
 - It will go a blue-black colour.

8Aa(10)

- growth and repair, energy, health
- protein, carbohydrates, (sugar), fats, vitamin B1
 - 12 g $\leftarrow 25 - (2 + 15 + 6) = 2$ g
- to keep your intestines healthy/stop constipation
- fat, protein, sugar
 - Drop iodine solution onto bar and look for blue/black colour; rub bar onto a piece of paper and hold it up to the light to look for a greasy mark.
 - The fat per 100 g should be 8 and not 6.
 - nuts
 - It implies the bar contains lots of fibre when in fact it contains hardly any.

8Aa(11)

- A food allergy is a strong immediate reaction; a food intolerance is a longer-term feeling of being unwell.
- substances made by the body which stick to proteins
 - proteins – Antibodies only stick to proteins and in the test the second antibody can stick to the first.
- It's quicker.
- If the blood were left there the second lot of antibodies would all stick to the antibodies in the blood, whether they were attached to the food or not.
 - All the wells would go red.
 - The enzyme that makes the red colour would still be in all the wells.
- Bois shows an intolerance to peanuts and salmon and should be advised to cut these things out of his diet and see if that makes a difference to his wellbeing.
- Any two from: fibre, water, vitamins, minerals, sugar, starch, fat.
 - They don't contain proteins.

8Ab Keeping it balanced

Pupil's Book pages 10–11

- Eating a wide variety of foods (so that we get all the things we need). Some pupils may mention the 'food pyramid' in their explanation.
- carbohydrates
 - Any two sensible answers, e.g. bread, rice, pasta, potatoes.
 - Any two sensible answers, e.g. sweets, cakes, fizzy drinks.
- storage of energy, heat insulation
- 5.15 g b 3.25 g $\leftarrow 19.2$ g
 - 260 kJ
 - The bread goes blue/black, but the butter does not.
- Any two sensible answers, e.g. meat, fish, eggs, cheese, beans, milk.
 - for growth and repair
- 50 g b 4667 g
- wholemeal bread
- Any sensible answer based on an understanding of a balanced diet.

Page 12

- It contains a wide variety of carbohydrates, proteins, fats, vitamins and minerals (and fibre in the whole rice).
- eating too much fat/sugar
 - eating too little
 - eating too little protein

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JE Gale



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