

Why is Protein important for the body?

What foods are high in Protein?

Why is it important to drink 8 glasses of water a day?

Why are carbohydrates important for the body?

Which foods are rich in carbohydrates?

Why may an athlete eat a lot of carbohydrates before a big match/event?

Name two diseases you could get from eating too much Fat or Sugar.

7.7 Food and Health

Name 3 types of food that are rich in fibre

Why are vitamins and minerals important for the body?

Name 2 examples of each:

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What is Scurvy?

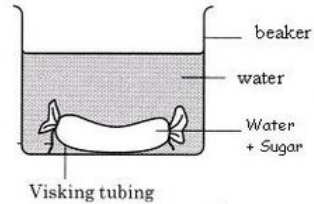
What food did Captain Cook discover that cured scurvy?



What is an enzyme?

Draw a diagram to support your answer

Why do Enzymes work best at around 37 degrees?

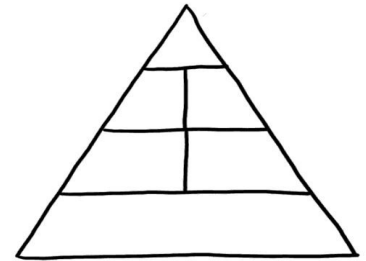


Describe what experiment may be done with the equipment above

Name 3 types of illegal substances and describe an effect each has on the body.

- 1.
- 2.
- 3.

Label the diagram below:



food pyramid