

Nutrition and Digestion (KS3)

Section A – Recall (1–2 marks each)

Q1. (1 mark)

Name one nutrient used for energy in the human diet.

Q2. (1 mark)

Name the nutrient needed for growth and repair of body tissues.

Q3. (1 mark)

What is dietary fibre used for?

Q4. (1 mark)

Name the organ where food first enters the digestive system.

Q5. (1 mark)

What are enzymes?

Q6. (2 marks)

State TWO functions of carbohydrates in the body.

Q7. (2 marks)

State TWO consequences of an imbalanced diet.

Q8. (2 marks)

Name TWO organs in the digestive system.

Q9. (2 marks)

State TWO things plants need for photosynthesis.

Q10. (2 marks)

State TWO functions of bacteria in the human digestive system.

Section B – Understanding (2-3 marks each)

Q11. (3 marks)

Explain why protein is important in a healthy diet.

Q12. (3 marks)

A student at *Learntit* does not like eating fibre. Explain why fibre is important in the digestive system.

Q13. (3 marks)

Explain how enzymes help digestion.

Q14. (3 marks)

Explain how food is moved through the digestive system.

Q15. (2 marks)

Explain how plants obtain water and mineral nutrients.

Q16. (3 marks)

Explain how a lack of a balanced diet of different nutrients can affect a person.

Q17. (3 marks)

Explain the role of bacteria in the human digestive system.

Section C – Application (4 marks each)

Q18. (4 marks)

A student eats 250 g of carbohydrate, 70 g of protein and 80 g of fat in a day. Calculate which nutrient provides the most energy and explain your answer using energy values: Carbohydrate = 17 kJ/g. Protein = 17 kJ/g. Fat = 37 kJ/g.

Q19. (4 marks)

Explain what can happen to a person who eats too much and exercises very little.

Q20. (4 marks)

Explain how the small intestine is adapted for absorption of food.

Section D – Extended Response (6 marks each)

Q21. (6 marks)

Explain the structure and function of the human digestive system.

Your answer should include the following keywords: Mouth, esophagus, stomach, small intestine, large intestine and enzymes.

Q22. (6 marks)

Explain how plants make glucose and how it obtains the nutrients needed for growth.

Q23 (6 marks)

Explain how deficiency diseases are caused and describe some examples.

Your answer should include:

- what a deficiency disease is
- the difference between macronutrients and micronutrients
- at least three named deficiency diseases
- the nutrients involved and their effects on the body

Total: ____ /65

Percentage: ____%