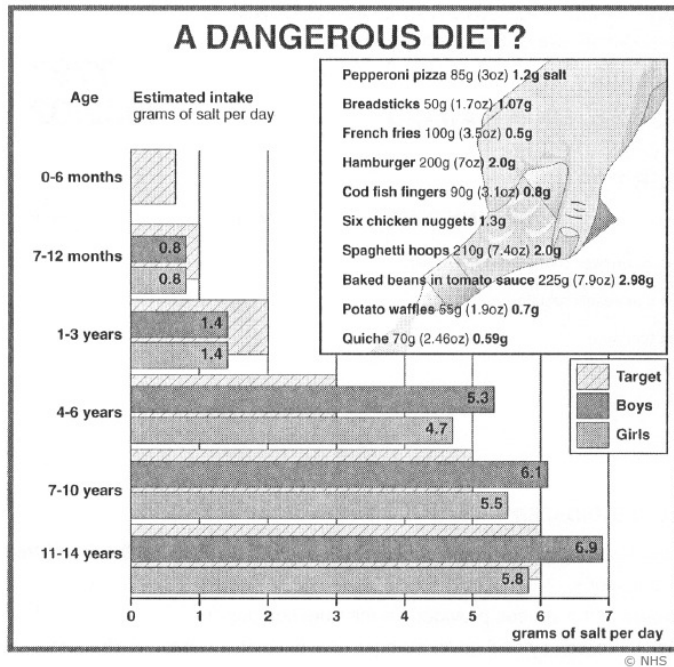


C3 Assessed Tasks

4. Many food companies add salt to improve the taste of food. It also acts as a preservative. Too much salt in food increases the risk of heart disease, high blood pressure and strokes. Here is a Public Health warning about salt in our diet.



Use the information in this Public Health warning to answer these questions.

- (a) John is 5 years old.
For his tea, he eats:

one 200g hamburger
225g baked beans.

In his tea, has John eaten more than the target (recommended) amount of salt for one day?
Work out the following amounts to help you find the answer.

Total intake of salt in John's tea =g

Recommended intake of salt for one day =g

Answer[2]

- (b) A consumer group has recommended that food companies reduce the amount of salt added to food.

The addition of salt to food may have a number of different effects.

Which of these effects support the consumer group's recommendation?

Put a tick (✓) in each of the correct boxes.

salt is a preservative that lengthens the shelf life of food

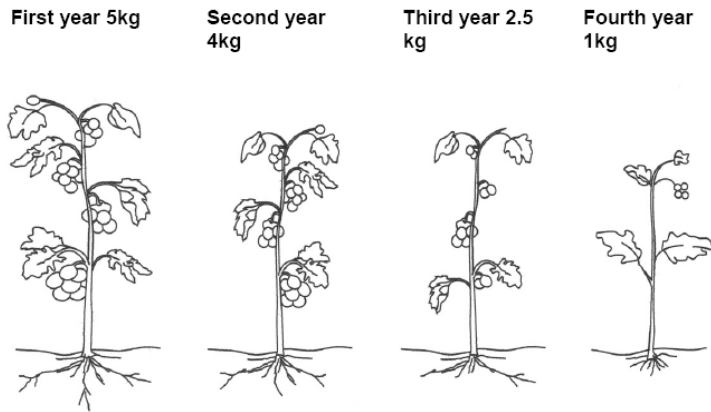
salt improves the taste of food

too much salt may increase the risk of heart disease

consumers are becoming more conscious of the additives in the food that they eat

[2]
[Total: 4]

5. An organic farmer grows tomatoes
 He grows them in the same soil each year.
 The diagram shows the typical appearance of his tomato plants each year. The average yield of tomatoes per plant is also shown.



- (a) What could the organic farmer use to try to improve his crop?
 Put a tick (✓) in each of the **two** correct boxes.

- add manure to the soil
- add synthetic fertiliser to the soil
- grow his tomatoes in different soil
- spray with herbicide
- spray with pesticide

[2]

- (b) The organic farmer decides that his tomato plants are removing nitrogen from the soil.
 What are the other two main minerals that the plants are also removing from the soil?

..... and

[1]

[Total: 3]

6. Sam look at the ingredients listed on a food packet.
 He finds several ingredients are listed as 'E numbers'.
 He finds some information about each of these additives.

E number	ingredient	description
E200	sorbic acid	preservative
E307	tocopherol	anti-oxidant
E337	sodium potassium tartrate	emulsifier

- (a) Which of the additives in the table will help to mix ingredients together that would normally separate when the food product is left to stand.

.....[1]

(b) Why is it an advantage for additives to have an E-number?

Put a tick (✓) in each of the correct boxes.

It shows that the additive is made from natural materials.

It shows the additive has been approved for use in the UK and the rest of the EU.

It shows that the additive does not cause hyperactivity in children.

It shows that the additive has not been manufactured synthetically.

It shows that the additive has passed a safety test.

[2]

(c) Sam asks his friends about their attitudes towards food additives.

Here are some of their statements.

Ann I always look carefully at food packet labels, and never eat food that has any E-numbers in it.

John I never bother to look at food packet labels to see what the food contains, but I am careful what I eat.

Jo I look at food packet labels and avoid eating food that contains additives I think are not good for me.

Manjit I eat food that has been prepared from fresh ingredients rather than food from packets.

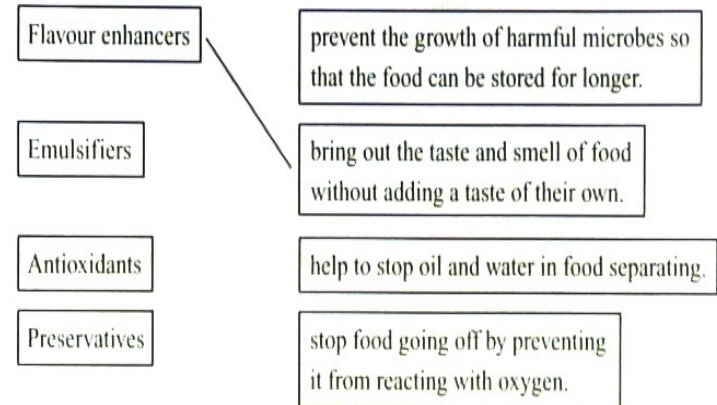
Which of Sam's friends made a statement based on the precautionary principle?

.....[1]

[Total: 4]

4. Kate investigates the ingredients of a 'ready meal' that she has bought from her local supermarket.

(a) The ready meal contains many food additives. Complete the diagram below by matching the additive to its function. One answer has been completed for you.



(2 marks)

(b) Kate buys some potatoes to have with her ready meal. She knows that pesticides and herbicides from intensive farming may be left on the potatoes. What can Kate do to reduce the amount of these chemicals before she eats her potatoes?

.....
(1 mark)

(c) Many food additives have been given an E number. What does an E number mean? Put a tick (✓) in the correct box.

The additive has been approved for human consumption in the UK.

The additive has been approved for human consumption in the USA.

The additive has been proved to be completely safe.

The additive has been produced within the EU.

(1 mark)

Total (4)

5. Glucose is a simple sugar that provides the body with energy.

(a) Glucose is a simple carbohydrate. Complete the sentences below about carbohydrates.

Carbohydrates are molecules made from the elements carbon, hydrogen and only.

Carbohydrates are polymers.

(1 mark)

(b) Diabetes is a disease in which the body can't properly control the amount of glucose in the blood.

(i) Put a 1 in the box next to the correct description of type 1 diabetes.

Put a 2 in the box next to the correct description of type 2 diabetes.

The body makes too much sugar.

The pancreas stops producing insulin.

The body stops responding normally to insulin.

The liver stops producing insulin.

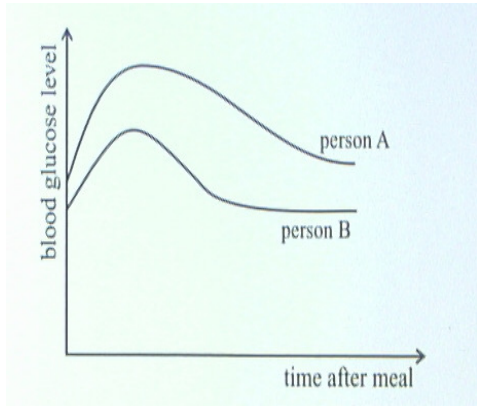
(2 marks)

(ii) Put a ring around the usual treatments for type 2 diabetes.

weight loss regular exercise daily insulin injections improving the diet

(1 mark)

(iii) The graph shows how two people's blood glucose levels change after they have eaten similar meals



Which person is more likely to have diabetes? Explain your answer.

.....

.....

1 mark

Total 5

Grade	Per Cent
A*	95
A	85
B	75
C	65
D	55
E	45