

Name _____ Class _____ Date _____

1 In which sentence is the word 'diet' used in a scientific way. Tick (✓) *one*.

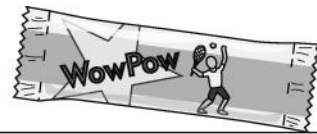
- Miriam decided to go on a diet and lose some weight.
- Julie has a lot of starch in her diet.
- Jack does not want to eat a diet.

2 What is food used for inside your body? Tick (✓) *three*.

- giving you energy
- making you feel sick
- keeping you healthy
- having nice flavours
- growing and repairing
- making you cold

3 Look at the food label below, which is not complete.

WowPow bars contain energy! They're also delicious!
Get a natural lift from a crunchy, delicious WowPow bar!



Ingredients	Nutrition		
	Typical values	per 50 g serving	per 100 g
Rolled oats, hazelnuts, sunflower oil, honey, molasses, salt, raising agent (sodium bicarbonate)	Energy	800 kJ	
	P		6 g
	C	10 g	
Allergy advice Contains oats, gluten, and nuts	F		14 g
	Fibre	1.5 g	

a What are the *three* main categories that the label is divided up into? Circle them.

b Suggest *one* reason why your body needs energy.

c Complete the names of the nutrients on the label.

d Complete the missing values on the label.

e Name *one* substance on the label that is *not* a nutrient.

f Name *one* nutrient *not* shown on the label.

4 a Suggest why the words above the table are there.

b Draw a box around *one* fact above the label.

c Underline *one* opinion above the label.

I can...

- recall the nutrients we need in our diets
- interpret nutrition information labels.