



PERSEVERE

COVID-19-LOCKDOWN REVISION
RHODES HIGH SCHOOL
CONSUMER STUDIES
GRADE 11
MAY 2020
TEST 2
TOTAL: 50

Please complete the questions using your notes and textbook.

THANK YOU

SECTION A

Question 1

- 1.1 Multiple choice questions
 - 1.1.1 An important function of protein
 - A helps to control blood cholesterol levels
 - B growth, repair and maintenance of body tissues
 - C protects the body against disease
 - D prevents constipation
 - 1.1.2 The main sources of starch
 - A cereal products
 - B meat and meat products
 - C milk and milk products
 - D fruit and fruit juice
 - 1.1.3 The following nutrient will not provide energy
 - A fat
 - B starch
 - C sugar
 - D vitamins

1.1.4 During digestion, carbohydrates are broken down to

- A fructose
- B galactose
- C glucose
- D sucrose

1.1.5 These vitamin(s) can be provided by the sun

- A vit A
- B vit B
- C vit C
- D vit D

(5)

Question 2

Match a symptom of deficiency in Column A with the mineral or vitamin lacking in the diet in Column B.

<u>COLUMN A</u> <u>Symptom of deficiency</u>	<u>ANSWER</u>	<u>COLUMN B</u> <u>Mineral or vitamin lacking in diet</u>
2.1.1 Muscle cramps	_____	A Iodine
2.1.2 Malfunctioning of thyroid gland	_____	B Vitamin A
2.1.3 Brittle bones	_____	C Vitamin K
2.1.4 Blood does not clot	_____	D Flouride
2.1.5 Brown stains on teeth	_____	E Calcium
	_____	F Sodium
	_____	G Zinc

(5)

Question 3

3.1 Give one word for the following:

- 3.1.1 Sunshine vitamin. (2)
- 3.1.2 Best source of vitamin C. (2)
- 3.1.3 Scientific name for salt. (2)
- 3.1.4 A stimulant found in coffee. (2)
- 3.1.5 Another name for fats and oils. (2)

Question 4

- 4.1 Most of our diet consists of carbohydrate-rich foods.
- 4.1.1 What happens when people eat too many carbohydrates? (2)
- 4.1.2 What happens when people eat too few carbohydrates? (2)
- 4.2 Identify three ingredients from the picture which vegans can eat? (3)

