

- (b) **Vitamin C in 200g servings:**
 - **Chips:** 18 mg (1 mark)
 - **Baked potato:** 28 mg (1 mark)
- (c) **Diet and organs harmed:**
 - Too much fat → Heart
 - Not enough fiber → Intestine
 - Not enough calcium → Bones (3 marks total)

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13.

- (a) (i) **Why football uses up reserves faster than bowling:** Football requires more energy (2260 kJ vs 1030 kJ) due to its higher intensity (1 mark)
 - (ii) **Two effects of alcohol on performance:**
 - Reduces reaction time
 - Impairs coordination and judgment (2 marks)
- (b) **Why glucose is quicker than starch for energy:** Glucose is readily available for absorption, while starch needs to be broken down first (1 mark)

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3.

- (a) **Substance removed in skimmed milk:** Fat (1 mark)
- (b) (i) **Substance for strong bones and teeth:** Calcium (1 mark)
 - (ii) **How substances are carried around the body:** By the bloodstream or circulatory system (1 mark)

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15.

- (a) (i) **Nutrient providing most energy in cheese:** Fat (1 mark)
 - (ii) **Nutrient providing most energy in wholemeal bread:** Carbohydrate (1 mark)
 - (iii) **Nutrient needed for growth and repair:** Protein (1 mark)
- (b) **Amount of cheese for 45g protein:** 200g (tick correct box) (1 mark)

- (c) **Missing nutrient type for balanced diet:** Fiber or water (1 mark)

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- (d) (i) **Calcium for a breast-feeding woman:** 1200 mg (1 mark)
 - (ii) **Why extra calcium is needed:** To support milk production and maintain her own bone health (1 mark)

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16.

- (a) (i) **Reducing plaque to prevent tooth decay:** Plaque contains bacteria that produce acid; reducing it lowers acid production, protecting enamel (1 mark)
 - (ii) **Why alkaline toothpaste helps:** Neutralizes the acid, preventing it from eroding enamel (1 mark)
- (b) **Why boys looked at teeth before and after brushing:** To measure how much plaque was removed by brushing (1 mark)

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- (c) (i) **Why smaller grid squares are better for measuring plaque:** Provides a more accurate measurement (1 mark)
 - (ii) **Estimate area covered by plaque:** Based on grid, answer will vary (1 mark if reasonable estimate based on visible area)