



**Science Revised Syllabus
Junior Certificate
Higher Level**

**Past Exam Questions on
B Food**

Q1 Part (a) 2012

Question 1

(52)

- (a) Eggs can form part of a balanced diet and provide a good source of some food types. Name two of these food types.

1 _____

2 _____



Q3 Part (b) 2012

- (b) Without enzymes we would not be able to exist. Enzymes release energy from food, help build the molecules that our bodies are composed of and break down structures and wastes that we no longer need.

- (i) Name an enzyme. (3)

Name _____

- (ii) Name the substrate that the enzyme you have named acts on. (3)

Name _____

- (iii) Name the product of the action of this enzyme. (3)

Name _____

- (iv) What reagent might you use, in a laboratory, to test that the reaction has taken place? (3)

Name _____

Q1 Part (a) 2011

Question 1

(52)

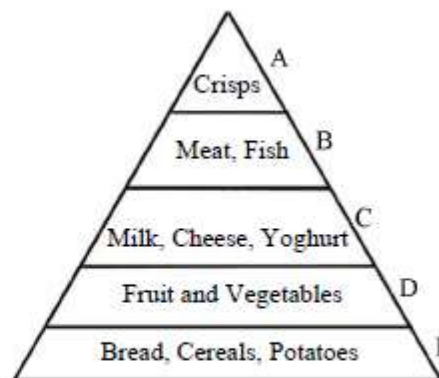
(a) The diagram is of a food pyramid.

(i) Name one other food from level B.

Food _____

(ii) What is the dietary reason why the area of level A is much less than the area of level E in the food pyramid?

Why? _____



Q1 Part (g) 2008

(g) The postage stamp shown commemorates the awarding of the Nobel Prize to Dorothy Hodgkin (1910-1994) for her work on vitamin B₁₂ in 1964. Vitamins are part of a balanced diet. Give *one function each* for (i) vitamins (ii) minerals in our bodies. (Two *different functions* are required.)

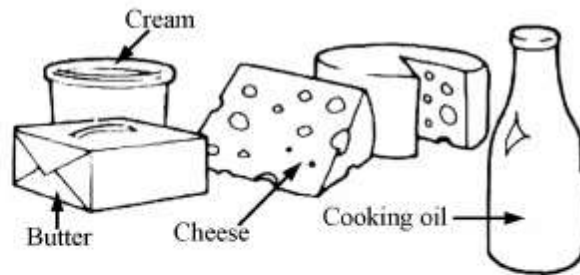


(i) _____

(ii) _____

Q1 Part (h) 2007

- (h) Name the principal *food type (nutrient)*, which is present in all of the foods shown.



Name _____

Describe a *test* to show the *presence of the food type* that you have named in food samples.

Test _____

Q3 Part (a) 2006

Question 3

(39)

(a) This nutritional information was given on a packet of wheat bran. Wheat bran is used with breakfast cereals and is added to brown bread.

Nutritional Information per 100 g	
Energy	872 kJ / 206 kcal
Protein	15 g
Carbohydrate (of which sugars)	26.8 g 3.8 g
Fat (of which saturates)	2.5 g 0.5 g
Fibre	36.5 g
Sodium	0.028 g

(i) Select any two *nutrients* from the list given and say what *role* each one has in maintaining health.

(6)

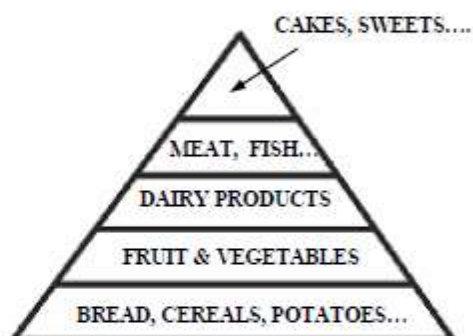
Nutrient 1 _____ Role of 1 _____

Nutrient 2 _____ Role of 2 _____

(ii) The diagram shows a food pyramid.

Explain how to use a food pyramid to plan a healthy diet.

(6)



(iii) Tests were carried out on three foods by a pupil in a school laboratory.

The results of these tests are given in the table.

A plus (+) sign means a positive result to a test.

A minus (-) sign means a negative result to a test.

Food Tested	Food Tests			
	Starch	Reducing sugar	Protein	Fat
Food A	+	-	-	+
Food B	-	-	+	+
Food C	+	-	+	+

Which one of the foods, A, B or C would most likely be cheese, meat, or fish? _____

(3)

Which one of the foods, A, B or C would most likely be crisps, or chips? _____

(3)