



**Biology**  
**Leaving Certificate**  
**Ordinary Level**

**Past Exam Questions on**  
**Food and Food Tests**

## Q1 Section A 2013

1. Use your knowledge of nutrients to answer the following questions:

(a) Proteins always contain the elements carbon, hydrogen, oxygen and

.....

(b) Glucose is an example of which type of biomolecule?

.....

(c) An example of a fat-soluble vitamin is

.....

(d) A solution used to test for the presence of glucose is

.....

(e) Calcium and iron are examples of essential

.....

## Q1 Section A 2012

1. A student brings a tuna and sweetcorn sandwich, an apple and a bag of crisps for her lunch.

(a) What food in the student's lunch is:

(i) a **good** source of protein? \_\_\_\_\_

(ii) a **good** source of fat? \_\_\_\_\_

(b) Vitamins form part of a healthy diet and prevent many disorders.

(i) Name **one** water-soluble vitamin. \_\_\_\_\_

(ii) Suggest **one** food in the lunch that contains the water-soluble vitamin you have named.

\_\_\_\_\_

(c) Name **one** structural protein in humans. \_\_\_\_\_

(d) Give **one** function of fat in the human body. \_\_\_\_\_

(e) What term is used to describe all the chemical reactions in the human body? \_\_\_\_\_

## Q9 Section B 2012

9. (a) Give **two** reasons why water is important for all living organisms.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(b) Answer the following questions in relation to food tests that you carried out as part of your practical work.

(i) What chemical did you use to test the food for starch? \_\_\_\_\_

(ii) Was heat necessary for this test? \_\_\_\_\_

(iii) How did you know that starch was present?

\_\_\_\_\_

(iv) What control did you use in this test?

\_\_\_\_\_

\_\_\_\_\_

(v) Another food was tested for the presence of protein.  
What solution was used to test for protein?

\_\_\_\_\_

(vi) What was the initial colour of the protein-testing solution before you put it on the food?

\_\_\_\_\_

(vii) Was heat necessary for this test? \_\_\_\_\_

(viii) What colour indicated that protein was present in the food?

\_\_\_\_\_

## Q1 Section A 2011

1. Use your knowledge of nutrition to answer the following questions:

(i) Carbohydrates always contain the elements carbon, hydrogen and

---

(ii) Lipids are made up of fatty acids and

---

(iii) Name a fat-soluble vitamin.

---

(iv) Name a structural carbohydrate found in plants.

---

(v) Name **one** good source of protein in the human diet.

---

## Q1 Section A 2009

1. Answer any **four** of the following parts:

(a) Name the chemical elements present in carbohydrates.

---

(b) Which two of these elements always occur in a 2:1 ratio in carbohydrates?

---

(c) Name a structural carbohydrate.

---

(d) Give a function of carbohydrates other than a structural one.

---

(e) Name a chemical element always present in proteins but not in carbohydrates.

---

## Q7 Section B 2009

7. (a) The main ingredient in a sports drink is water.

(i) Give one reason why the body needs water.

---

(ii) Give one way in which water is lost from the body.

---

(b) The composition of a colourless sports drink is to be investigated. Use your knowledge of food testing to answer the following:

1. (i) Name the test or name the chemical used to test the sports drink for the presence of glucose (reducing sugar).

---

(ii) If glucose is present in the drink, what colour change would you expect to see? In your answer give the initial and final colour of the test solution.

---

(iii) Is heat necessary for this test?

---

2. (i) Name the test or give the chemicals used to test the sports drink for the presence of protein.

---

(ii) If protein is present in the drink, what colour change would you expect to see? In your answer give the initial and final colour of the test solution.

---

(iii) Is heat necessary for this test?

---

### Q1 Section A 2007

1. Complete any **four** of the following.
  - (a) A carbohydrate is composed of carbon, hydrogen and .....
  - (b) An example of a water-soluble vitamin is .....
  - (c) A chemical that is used to show the presence of starch is .....
  - (d) The liquid in which chemical reactions take place in the cell is .....
  - (e) Fats are made from fatty acids and .....

### Q8 Section B 2007

8. (a) (i) State **one** reason that your body needs protein.....  
.....
- (ii) Name the element, other than carbon, hydrogen and oxygen, which is always found in protein.  
.....
- (b) Answer the following questions in relation to tests that you carried out for protein.
  - (i) Name **two** foods in which you found protein.
    1. ....
    2. ....
  - (ii) What reagent or chemicals did you use to test for protein?  
.....  
.....
  - (iii) Was heat necessary in the test that you carried out?.....
  - (iv) What was the initial colour of the reagent or chemicals? .....
  - (v) What colour change occurred if protein was present?.....  
.....  
.....
  - (vi) Was there a colour change in the control? .....

### Q3 Section A 2006

3. (a) Name the four elements that are always present in protein. ....  
.....
- (b) Name one other element that may be present in protein. ....
- (c) Give two good sources of protein in the human diet. ....
- (d) Name a test or the solution(s) that is (are) used to detect protein in a food source. ....  
.....
- (e) State the following in relation to (d).
1. The initial colour of the solution(s) .....
  2. The final colour if protein is present .....

### Q5 Section A 2005

5. The table below includes some common elements found in food. Complete the table by putting a tick (✓) in the box if an element is present and a cross (X) if an element is absent. Two boxes have been completed as examples.

	Carbohydrate	Protein	Fat
Oxygen	✓		
Nitrogen	X		
Hydrogen			
Carbon			