

How Food is Digested

Question 1 Page 1

Name		School	
Class		Date	

Study the list of foods in the table below and answer the questions which follow it in the spaces provided.

carrots	cheese	cream
milk	lemons	oranges
bread	lettuce	cake
fish	cabbage	eggs
apples	bacon	sugar
pears	onions	beef

Questions	Answers
(a) (i) Which of the foods contain Vitamin C? (ii) What is the name given to these foods?	(i)
	(ii)
(b) Which of these foods are meats?	
(c) Why is meat so important in the diet?	

How Food is Digested
Question 1 Page 2

Name		School	
Class		Date	

(d) Which of these foods are vegetables?	
(e) Why are vegetables so important in the diet?	
(f) Which of these foods can be considered as an almost complete food? Give reasons for your answer.	