

Question 9 (Answer: **D**)

- Compare each nutrient eaten against its recommended daily allowance.
- A nutrient below its RDA is deficient; one above it is more than adequate.
- The deficiency disease that follows is the one caused by the nutrient falling short.

Question 10 (Answer: **B**)

- Absorption is taking the digested nutrients into the blood.
- Assimilation is what happens next: the cells take them up and use them.
- Ingestion is taking food into the body and egestion is removing undigested waste.

Question 11 (Answer: **C**)

- Trypsin is a protease, so it works on protein, not on maltose.
- It is made by the pancreas and works in the small intestine.
- So it catalyses the breakdown of protein into peptides there.

Question 10 (Answer: **D**)

- Bleeding gums and slow wound healing are the classic signs of scurvy.
- Scurvy is a deficiency of vitamin C.
- Vitamin C is needed to make collagen, which is why wounds heal slowly without it.

Question 12 (Answer: **D**)

- Scurvy is caused by a lack of vitamin C.
- Vitamin C comes from fresh fruit and vegetables, especially citrus fruit.
- So eating more fresh fruit is the way to reduce the risk – more water or protein would not help.