

SECTION B **SHORT ANSWER QUESTIONS**

FOOD AND NUTRITION

(a) Define the terms below and give examples.

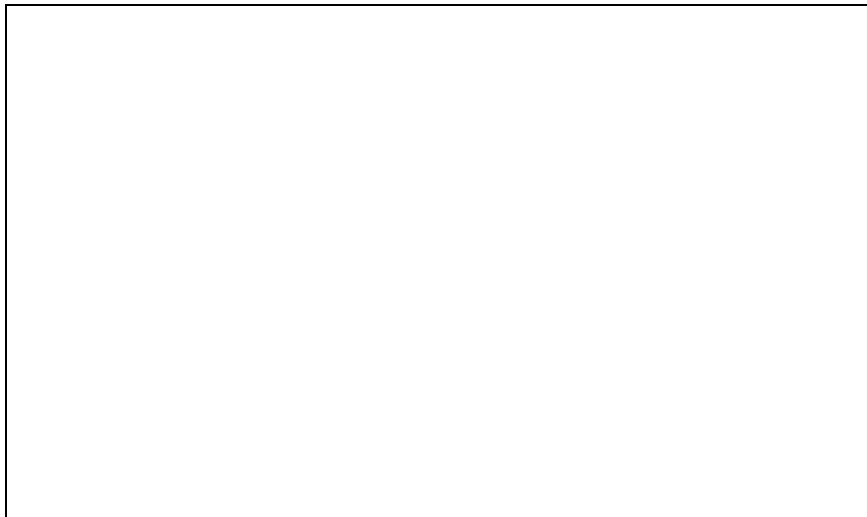
- (i) Eating out
- (ii) Food Preservation
- (iii) Perishable food
- (iv) Nutrient

b) Give **three** reasons for eating out.

c) Explain how **VMB** can be applied when eating out.

d) List and explain the two factors to consider when planning meals.

e) Plan a nutritious breakfast meal for a teenager using the basic meal plan.



f) Explain why breakfast is considered to be the most important meal of the day.