

# ANSWERS TO ACTIVITIES IN THE TEXTBOOK

This document provides answers for some of the activities in Unit B003 in the textbook *OCR Food and Nutrition for GCSE*.

## Topic 1.3

The food label is from a fruit and nut cereal health bar.

## Topic 2

- A 5 teaspoons of sugar
- B 10 teaspoons of sugar
- C 14 teaspoons of sugar
- D 13 teaspoons of sugar

## Topic 10.2

Answers to the multiple-choice questions:

- 1 b
- 2 a
- 3 c
- 4 a
- 5 b

## Topic 13.1

- 1 You should add lemon, lime or orange juice which contains acid. The acid would destroy the enzyme.
- 2 An unripe banana is green, hard, very starchy and not sweet. Enzymes gradually break down the starch to sugar, the texture softens and the skin becomes brown.
- 3 The boiling water would destroy the enzymes in the vegetables which would discolour them and spoil their flavour, even when frozen.