

Activity 5: Making a mark scheme and marking candidate answers

Suggest a mark scheme with 5 mark points for this question:

10 A balanced diet should include the correct proportions of each component.

(a) Two of these components are vitamins and minerals.

Describe the functions of the **other** components of a balanced diet.

(5)

-
-
-
-
-

Mark these two answers using the official mark scheme.

A: Humans need carbohydrates, proteins, water and fibre. They also need plenty of lipids for energy. Iron is important for haemoglobin and vitamin A helps vision. Vitamin C is also important for stopping scurvy and vitamin D and calcium are needed to stop rickets.

B: Starch and fats are important for energy. Too much sugar though will cause obesity. Proteins and amino acids are used for growth and repair of tissues. Fresh fruit and vegetables are important for peristalsis of the gut (they prevent constipation).