

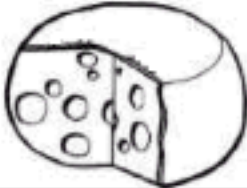


Proteins, fats and carbohydrates form part of a balanced diet.

Answer the following questions about food types. (12)

- (i) In the table write the letter **F** beside a good source of **fat**.
- (ii) Write the letter **S** beside a good source of **starch**.
- (iii) Write the letter **C** beside the chemical used to test for **starch**.

	Potatoes	
	Chicken	
	Cheese	

	Iodine solution
	Benedict's solution