

## Application Questions

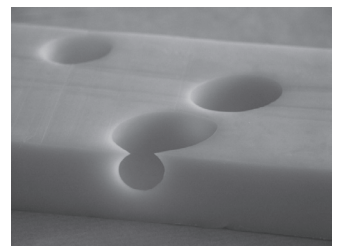
### A Educating for better health

1. Teenagers need about 800g to 1000g of calcium a day otherwise they risk osteoporosis in later life.

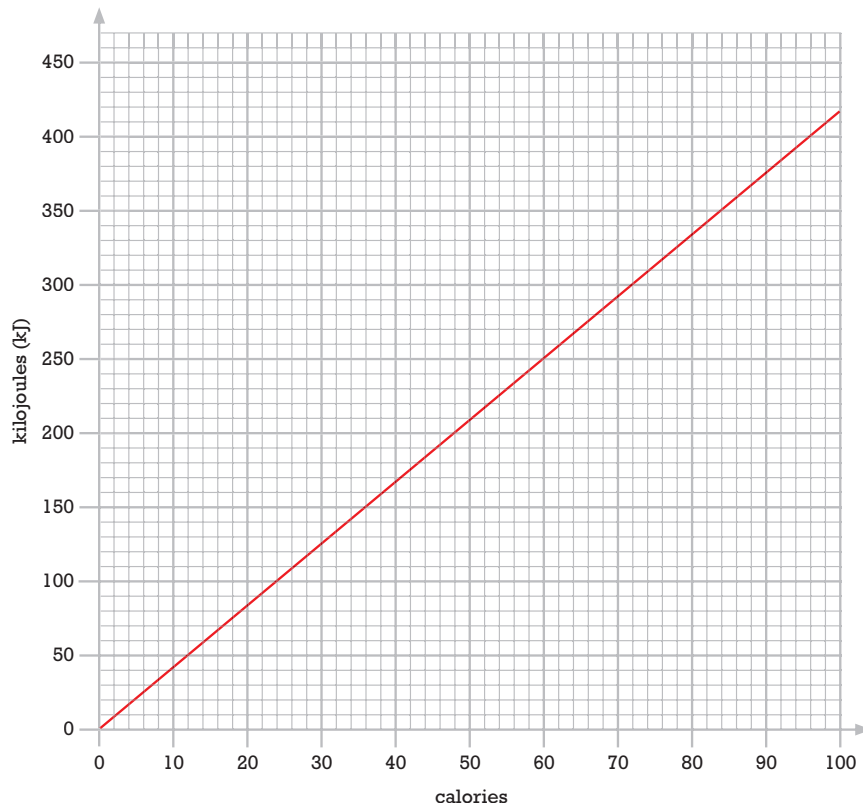
This table gives the approximate calcium content of some common foods.

Food	Calcium Content
0.2 litre whole milk	220 mg
0.2 litre semi-skimmed milk	230 mg
0.2 litre fortified soya milk	246 mg
60 g Tofu	304 mg
28 g hard cheese	190 mg
1 carton low-fat yogurt	285 mg
60 g sardines (including bones)	310 mg
3 large slices brown or white bread	100 mg
3 large slices wholemeal bread	55 mg
115 g cottage cheese	80 mg
115 g baked beans	60 mg
115 g boiled cabbage	40 mg

Write down three different ways you could combine some of these foods to get about 1000 mg of calcium in a day.



2. Sometimes we need to convert between kilojoules and calories.  
Use this conversion graph to answer the questions.



a) How many calories does each small division on the horizontal axis represent? \_\_\_\_\_

b) How many kilojoules does each small division on the vertical axis represent? \_\_\_\_\_

c) Convert these to calories.

i) 50 kJ \_\_\_\_\_

ii) 150 kJ \_\_\_\_\_

iii) 210 kJ \_\_\_\_\_

iv) 320 kJ \_\_\_\_\_

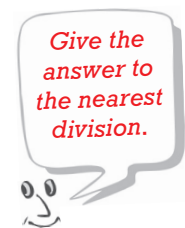
d) Convert these to kilojoules.

i) 60 cal \_\_\_\_\_

ii) 74 cal \_\_\_\_\_

iii) 46 cal \_\_\_\_\_

iv) 92 cal \_\_\_\_\_



e) Allaf ate a pear (250 kJ) and a banana (350 kJ).  
How many calories were in these altogether? \_\_\_\_\_

f) Debbie ate a piece of cheese (50 calories)  
and a sandwich (100 calories).  
How many kilojoules were in these altogether? \_\_\_\_\_

g) Jake is on a special diet. He must eat 420 kJ for  
breakfast and 350 kJ for lunch.  
How many calories is this? \_\_\_\_\_

h) A milkshake has 800 calories. How many kilojoules is this? \_\_\_\_\_

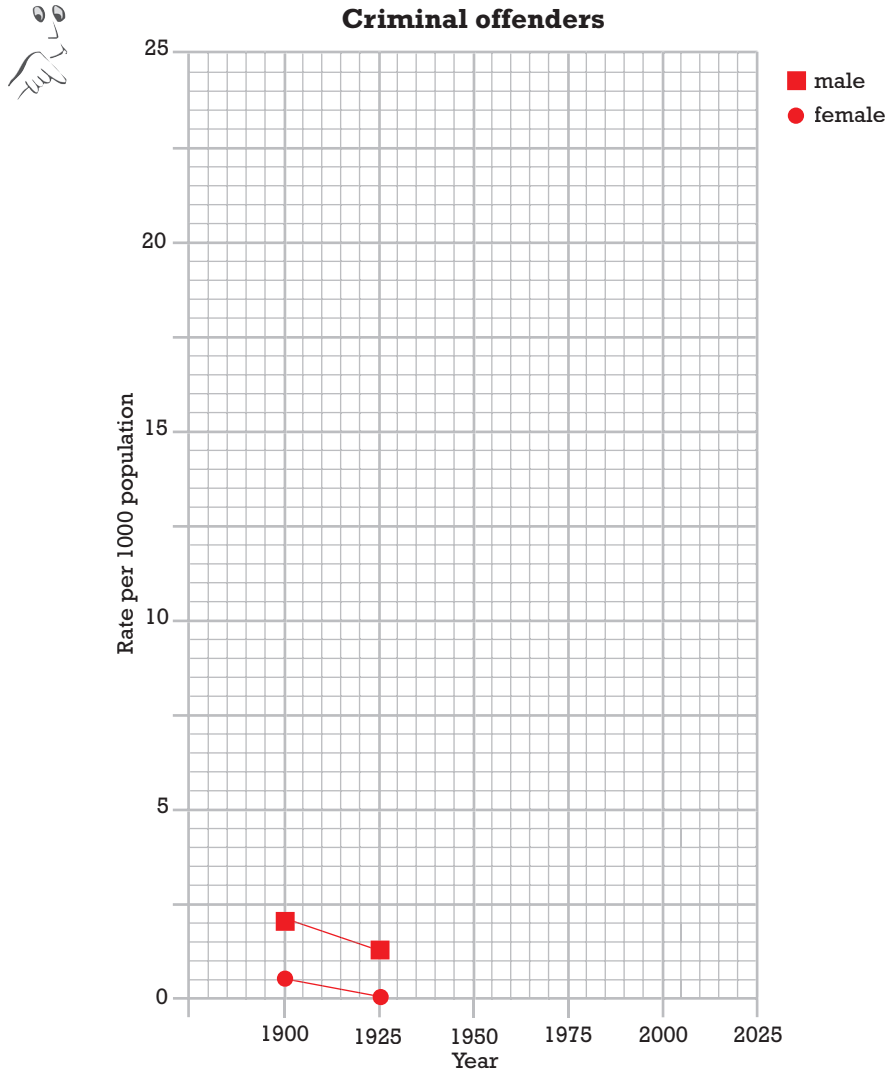


## B Crime is on the rise

1. This table gives the rate per thousand of population of male and female criminal offenders in Britain.

year	1900	1925	1950	1975	2000
male	2	1.3	5.5	20.8	19.6
female	0.5	0.1	0.8	4	4.1

Finish plotting this information on the line graph.



2. Could we use the graph to estimate the crime rate in 1960? Explain.

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3. What does the graph tell you about criminal offenders in Britain from 1900 to 2000?

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