



Name: ..... Form: .....

See pages 8 and 9 of *Keeping healthy*

## Too much fat and salt

The body will make use of what it is given. But if it is given too much of some food, ill health can result.

**Q1.** The diagram shows blood vessels.

(i) What kind of blood vessels are they?

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(ii) What is the substance labelled A?

 .....

(iii) Draw in the path of blood through each blood vessel.

**Q2.** In what form do our bodies store energy?

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**Q3.** The substance labelled A in the diagram can affect a part of the body and cause it to become diseased. What is the part of the body called?

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**Q4.** How does salt help the body?

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**Q5.** What happens to the body if it receives too much salt?

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**Q6.** State three ways in which people can reduce the amount of fat in their diet.

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