

T2 G11 UNIT 6

Introduction to nutrition (Exam Practice)

Multiple Choice Questions:

1.	_____ is the process of taking energy and nutrients from food and drinks to maintain health.	
(A)	Consumption	
(B)	Nutrition	
(C)	Calories	
(D)	Eating	

2.	Which food group is grouped together because they give the body vitamins, minerals and fibre?	
(A)	Fruit and vegetables	
(B)	Cereals and their products	
(C)	Fats and Oils	
(D)	Milk and dairy products	

3.	Research carried out in the UAE on grades 10-12 has found that only _____ met their daily recommended intake of fruit and vegetables.	
(A)	10% of females and 10% of males	
(B)	40% of females and 60% of males	
(C)	21% of females and 33% of males	
(D)	50% of females and 50% of males	

4.	Most of the energy (calories) people get each day should come from this food group. Foods from this food group provide carbohydrates, fibre and some vitamins.	
(A)	Meats, Eggs and Legumes	
(B)	Cereals and their products	
(C)	Milk and their products	
(D)	Fruits and vegetables	

5.	_____ have more fibre which can help to move food through the digestive system, keep you full for longer and prevent constipation.	
(A)	Wholemeal and wholegrain foods	
(B)	Milks and their products	
(C)	Sugary foods	
(D)	Starchy and fatty foods	

6.	This food group provides the body with protein and iron.	
(A)	Fruits and vegetables	
(B)	Meat, Eggs and Legume	
(C)	Fats and Oils	
(D)	Cereals and their products	

8.	Which mineral is required to help carry oxygen in the blood?	
(A)	Copper	
(B)	Calcium	
(C)	Iron	
(D)	Selenium	

9.	These foods are grouped together because they are rich in calcium and protein.	
(A)	Fruits and vegetables	
(B)	Milk and dairy products	
(C)	Fats and Oils	
(D)	Meat, Eggs and Legumes	

10.	_____ is when dairy foods have vitamin D added to them in the production process.	
(A)	Sterilisation	
(B)	Combination	
(C)	Mixing	
(D)	Fortification.	

11.	What is the function of fat in the body?	
(A)	to repair body tissue and enable	
(B)	to insulate the body and protect vital organs.	
(C)	to increase body temperature	
(D)	to make the immune system stronger	

12.	What are known as 'good fats' that the body needs that can be found in sunflower oil, olive oil and oily fish such as salmon and mackerel?	
(A)	Generated and ungenerated fats	
(B)	Trans fat and saturated fats	
(C)	Monounsaturated and polyunsaturated fats	
(D)	Saturated and unsaturated fats	

13.	Foods in this food group should not be eaten every day as they contain a high number of calories and have little nutritional benefit.	
(A)	Protein	
(B)	Other foods	
(C)	Carbohydrates	
(D)	Fruits and vegetables	

14.	Your body needs nutrients to:	
(A)	give you energy	
(B)	help you to stay healthy and fight infection.	
(C)	help your brain to function properly	
(D)	All of the above	

15.	What gives the body energy in the form of calories and is needed in large amounts?	
(A)	Micronutrients	
(B)	Macronutrients	
(C)	Simple nutrients	
(D)	Large nutrients	

16.	Sugar, sweets, cereals, pastries and refined breads are examples of _____.	
(A)	Complex Carbohydrates	
(B)	Simple carbohydrates	
(C)	Proteins	
(D)	Vitamin and minerals	

17.	What is mainly responsible for the growth and repair of all cells within the body, and it helps to regulate body processes?	
(A)	Carbohydrates	
(B)	Fats	
(C)	Protein	
(D)	Vitamin and minerals	

18.	What provides the biggest number of calories per gram of food, compared to the calories that are provided from other nutrients?	
(A)	Fat	
(B)	Protein	
(C)	Carbohydrates	
(D)	Minerals	

19.	_____ are nutrients which the body needs in small amounts compared to macronutrients.	
(A)	Macronutrients	
(B)	Small nutrients	
(C)	Carbohydrates	
(D)	Micronutrients	

20.	Which form of vitamins dissolve in water and are not stored in the body?	
(A)	Resistant	
(B)	Fat-soluble	
(C)	Water-soluble	
(D)	Vitamin-soluble	

21.	Which vitamins dissolve in fat?	
(A)	Resistant	
(B)	Fat-soluble	
(C)	Water-soluble	
(D)	Vitamin-soluble	

22.	The network of cells and chemical compounds that help the body to fight infections is known as _____.	
(A)	The respiratory system	
(B)	The digestive system	
(C)	The circulatory system	
(D)	The immune system	

23.	What is immunocompromised?	
(A)	when there is an allergic reaction due to the immune system	
(B)	when someone has a vaccination to boost their immune system	
(C)	when the immune system is strong and able to fight off infections	
(D)	when the immune system's defences are low, making it hard to fight off infections and diseases	

24.	Which vitamin protects against infection by keeping skin and tissues healthy?	
(A)	Vitamin A	
(B)	Vitamin B	
(C)	Vitamin C	
(D)	Vitamin D	

25.	Which micronutrient helps the body to make antibodies which are needed to fight against disease?	
(A)	Vitamin B6	
(B)	Iron	
(C)	Calcium	
(D)	Vitamin D	

26.	Which micronutrient is necessary for the growth, development and repair of all body tissues?	
(A)	Vitamin D	
(B)	Calcium	
(C)	Vitamin C	
(D)	Iron	

27.	Which food below provides a good way to get vitamin A, vitamin C and iron in the diet?	
(A)	Pasta	
(B)	Spinach	
(C)	Beef	
(D)	Milk	

28.	_____ are substances that people might use to add nutrients such as vitamins and minerals to their diet.	
(A)	Medicine	
(B)	Protein supplements	
(C)	Dietary supplements	
(D)	Food additions	

29.	How many calories per day should women need to eat approximately to maintain their weight and to do everyday tasks?	
(A)	2500	
(B)	2000	
(C)	1500	
(D)	3000	

30.	What is the exact daily calorie requirements dependant on?	
(A)	Age	
(B)	Gender	
(C)	Physical activity level	
(D)	All of the above	

31.	How many calories are there in one gram of protein?	
(A)	9 calories	
(B)	4 calories	
(C)	8 calories	
(D)	2 calories	

32.	The formula to calculating how many calories are from a certain macronutrient is:	
(A)	Macronutrient (grams) ÷ Calories per gram	
(B)	Macronutrient (grams) X Calories per gram	
(C)	Macronutrient (grams) - Calories per gram	
(D)	Macronutrient (grams) + Calories per gram	

33.	Which dietary reference intakes (DRI) is the amount of nutrients that meet the nutrient requirements of up to 98% of the population?	
(A)	Recommended Dietary Allowances (RDA)	
(B)	Adequate Intakes (AI)	
(C)	Tolerable Upper Intake Level (UL)	
(D)	Estimated Average Requirements (EAR)	

34.	What is the difference between energy input (the number of calories that you put into your body) and energy output (or the number of calories you burn each day)?	
(A)	Calories	
(B)	Energy input	
(C)	Energy output	
(D)	Energy balance	

34.	This state of energy balance is when the person will not gain or lose weight, as the amount of calories they consume is the same as the amount of calories they expend.	
(A)	Negative energy balance	
(B)	Perfect energy balance	
(C)	Positive energy balance	
(D)	Energy consumption	

35.	_____ is when people are consuming more calories than they are burning and may gain weight over time.	
(A)	Negative energy balance	
(B)	Perfect energy balance	
(C)	Positive energy balance	
(D)	Energy consumption	

36.	How much is enough of your serving size for piece of beef steak, cooked salmon, or grilled chicken breast?	
(A)	about half the size of your hand	
(B)	about the size of your hand	
(C)	two hand sizes	
(D)	two thumbs	

38.	Foods that have a high number of calories but they have low nutritional value from vitamins, minerals, protein and fibre are known as _____.	
(A)	Empty calories	
(B)	Malnutrition	
(C)	Undernutrition	
(D)	Calories	

Activity Based Questions:

39.	Pick the two correct answers: The cereals and their products food group include the following foods:	
(A)	Bread.	
(B)	milk	
(C)	Rice	
(D)	beef	

40.	Pick the two correct answers: _____ and _____ are two examples of simple carbohydrates.	
(A)	Sugar	
(B)	Nuts	
(C)	sweets	
(D)	Legumes	

41.	Nutrition is linked to immunity and the risk of illness.	
(A)	True	
(B)	False	