


# Food, nutrition and health

## Macronutrients

These are multiple-choice questions.

For each question you should shade in **one** box.

Correct method: 

**1.1** Which **one** of the following is a macronutrient?

1 mark

- a Vitamin A
- b Fat
- c Calcium
- d Vitamin E

<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>

**1.2** Which **one** of the following is needed for growth and repair?

1 mark

- a Iron
- b Vitamin K
- c Protein
- d Carbohydrate

<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>

**1.3** Which nutrient group does fibre belong to?

1 mark

- a Fat
- b Protein
- c Vitamins
- d Carbohydrate

<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>

**1.4** What is fat needed for in the body?

1 mark

- a For eyesight
- b To help us grow
- c To help us exercise
- d For warmth

<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>

Answer each of the questions below in the space provided.

- 2** Name **three** types of fat from animal sources and **three** from vegetable sources.

6 marks

Fat from animal sources	Fat from vegetable sources
.....	.....
.....	.....
.....	.....

- 3** Explain the difference between free sugar and fruit sugar.

2 marks

.....

- 4 Identify **three** protein alternatives.

3 marks

.....

.....

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- 5** Analyse why the demand for protein alternatives is increasing.


8 marks

[illegible]

## Micronutrients

These are multiple-choice questions.

For each question you should shade in **one** box.

Correct method: 

**1.1** Which of the following is a micronutrient?

1 mark

- a Carbohydrate
- b Fat
- c Protein
- d Vitamin A

☐  
☐  
☐  
☐

**1.2** Which of the following is a fat-soluble vitamin?

1 mark

- a Vitamin A
- b Vitamin C
- c Vitamin B3
- d Vitamin B1

☐  
☐  
☐  
☐

**1.3** Which **one** of the following is the main source of vitamin D?

1 mark

- a Sunlight
- b Cheese
- c Oranges
- d Bread

☐  
☐  
☐  
☐

**1.4** Complete the sentence: The deficiency disease for vitamin B12 is ...

1 mark

- a Beriberi
- b Poor vision
- c Bleeding gums
- d Pernicious anaemia

☐  
☐  
☐  
☐

2

2 marks

1 mark

6 marks

**6 marks**

ed during the preparation and cooking of fruit and vegetables.

8 marks

# Nutritional needs and health

These are multiple-choice questions.

For each question you should shade in **one** box.

Correct method: 

**1.1** Which food group is the smallest on the Eatwell Guide?

1 mark

- a** Fruit and vegetables
- b** Proteins
- c** Starchy carbohydrates
- d** Oils and spreads

☐  
☐  
☐  
☐

**1.2** Lactose intolerance means a sensitivity to:

1 mark

- a** Gluten
- b** Pasta
- c** Nuts
- d** Dairy products

☐  
☐  
☐  
☐

**1.3** The loss of calcium from bones, making them weak, is called:

1 mark

- a** Osteoporosis
- b** Anaemia
- c** Diverticular disease
- d** Coeliac disease

☐  
☐  
☐  
☐

**1.4** A good source of protein for vegans is:

1 mark

- a** Pasta
- b** Potatoes
- c** Bread
- d** Nuts

☐  
☐  
☐  
☐

2 marks

2 marks

.....

4 marks

.....

2 marks

8 marks

.....