**Assessment test**

**Principles of nutrition and health**

1. What unit is used to measure the amount of energy we consume?

(a) Kilobytes

(b) Kilogrammes

(c) Kilocalories

(d) Kilocycles

2. Which are the three main types of carbohydrate?

(a) Bread, starch, glucose

(b) Sugar, minerals, fats

(c) Fibre, starch, sugar

(d) Fibre, sugar, vitamins

3. Which of the following is an alternative source of protein?

(a) Spinach

(b) Avocado

(c) Sweet potato

(d) Soya beans

4. Which group of foods should form the biggest daily portion on your plate?

(a) Dairy products

(b) Fruit and vegetables

(c) Sugars

(d) Protein

5. Which mineral is essential in the formation of strong bones and teeth?

(a) Iron

(b) Calcium

(c) Vitamin C

(d) Potassium

6. Which of the following food groups would a vegan eat?

(a) Fruit & veg, dairy, soya

(b) Eggs, meat, soya

(c) Vegetables, soya, lentils

(d) Vegetables, fish, tofu

7. Why is it essential that chicken is cooked thoroughly before it is eaten?

(a) To improve the texture

(b) To add flavour

(c) To make it golden brown

(d) To make it safe to eat

8. Which item would be classed as a physical contaminant in food?

(a) Mould

(b) Fungus

(c) A paperclip

(d) Washing up liquid

9. Below what temperature should food be stored in the fridge?

(a) -5°C

(b) 8°C

(c) 0°C

(d) 5°C

10. Which is a primary source of energy for the body?

(a) Glucose

(b) Sucrose

(c) Fructose

(d) Extrinsic sugars

[10]

11. In the production of food, what is meant by the term organic? [1]

12. Farming can be managed sustainably. [1]

(a) Which phrase best describes the term sustainable?

(b) Which **three** factors are considered in the process of sustainable production? [3]

13. (a) Give **one** reason why the body needs protein. [1]

(b) Name **two** sources of animal protein. [2]

(c) Name **two** sources of alternative protein [2]

14. Give **five** items of information that should be displayed on food packaging. [5]

[Total 25 marks]