

Assessment 2

Total Marks: 30

Question 1 Multiple Choice Questions:

(5)

- i. Macro-nutrients are the nutrients we consume in;
 - a) Small amounts
 - b) Large amounts
 - c) Moderate amounts

- ii. Fat provides;
 - a) 10 calories per gram
 - b) 9 calories per gram
 - c) 4 calories per gram

- iii. Carbohydrates can be stored in the muscle and;
 - a) kidneys and can later be used for energy
 - b) Stomach and can later be used for energy
 - c) liver and can later be used for energy

- iv. Diets that are low in fibre cause;
 - a) Malnutrition
 - b) Constipation
 - c) Blood sugar

- v. Foods high in fibre include;
 - a) Meat, poultry and eggs
 - b) Fruits, vegetables and whole grain
 - c) Potatoes, cereals and bread

- vi. Proteins are made up of building blocks called;
 - a) Amino acids
 - b) Fibre
 - c) Antibodies

- vii. About 25-35% of calories in our diet should come from;
 - a) Fats
 - b) Proteins
 - c) Carbohydrates

- viii. Olive oil is a;
 - a) Saturated fatty acid
 - b) Monounsaturated fatty acid
 - c) Polyunsaturated fatty acid

- ix. Name the E numbers used for the following food colours;
 - a) Allura red
 - b) Sunset yellow

- x. Green on the food labels mean that the food is:
 - a) High in that nutrient

- b) Balanced
- c) Low in that nutrient

Q: 2: Short Questions

(16)

- I. What does nutritional panel describe which is shown on the back of the pack?
- II. Excess protein is difficult to digest. Why improperly digested foods are harmful for our health?
- III. What is meant by essential amino acids? How many are they?
- IV. What is meant by non essential amino acids?
- V. What are fat soluble vitamins?
- VI. What are the different types of carbohydrates?
- VII. What are omega -3 fatty acids?
- VIII. Write short note on the functions starchy foods.

Q: 3: Write short notes on the followings:

(9)

- a. Antioxidants
- b. Cholesterol
- c. Emulsifiers