

### 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 on the back of a packet describe?
- II. Excess protein is difficult to digest. Why are improperly digested foods harmful for our health?
- III. What is meant by essential amino acids? How many are there?
- 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 some short notes on the functions of starchy foods.

**Q: 3: Write short notes on the following:**

(9)

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