

**Multiple Choice Sample Questions****ITEC Unit 94 – Understanding of nutrition in relation to healthy eating**

<b>1</b>	<b>Which of the following is the definition of a calorie/kilojoule?</b>		<b>1</b>	
<b>A</b>	It is the amount of energy that is needed to raise the temperature of 1g of water by 10C	<b>B</b>	It is the amount of energy that is needed to raise the temperature of 1g of water by 1C	<input type="checkbox"/>
<b>C</b>	It is the amount of energy that is needed to raise the temperature of 1g of water by 2C	<b>D</b>		
<b>2</b>	<b>Which of the following would be incorrectly classed as a refined food?</b>		<b>2</b>	
<b>A</b>	White rice	<b>B</b>	White flour	<input type="checkbox"/>
<b>C</b>	Brown flour	<b>D</b>	White sugar	
<b>3</b>	<b>A person suffering from bulimia nervosa:</b>		<b>3</b>	
<b>A</b>	Will not eat	<b>B</b>	Exercises excessively	<input type="checkbox"/>
<b>C</b>	Only eats twice a day	<b>D</b>	Binges and purges	
<b>4</b>	<b>What is iron mainly used for in the body?</b>		<b>4</b>	
<b>A</b>	To protect the body from heart disease	<b>B</b>	To help in the release of energy and to regulate protein activity	<input type="checkbox"/>
<b>C</b>	To regulate the nerves and blood pressure	<b>D</b>	To carry oxygen from the lungs to all parts of the body	
<b>5</b>	<b>Which of the following is the best low-fat source of protein?</b>		<b>5</b>	
<b>A</b>	Beef	<b>B</b>	Fish	<input type="checkbox"/>
<b>C</b>	Rice	<b>D</b>	Bread	