

Multiple Choice Sample Questions

ITEC Level 3 Diploma in Diet & Nutrition for Complementary Therapists – Unit 7 Diet & Nutrition

1	Ingestion takes place in the:		1
A	Stomach	B	Small intestine
C	Mouth	D	Large intestine
			<input type="checkbox"/> C
2	Coeliacs disease is defined as an intolerance to:		2
A	Proteins	B	Dairy
C	Zinc	D	Gluten
			<input type="checkbox"/> D
3	The action of pepsin is to:		3
A	Curdle milk	B	Break down proteins to peptones
C	Break down polypeptides into amino acids	D	Break down polysaccharides to disaccharides
			<input type="checkbox"/> B
4	A deficiency of vitamin K could be the cause of:		4
A	Anaemia	B	Lack of energy
C	Haemorrhaging	D	Slow wound healing
			<input type="checkbox"/> C
5	Excessive intake of simple sugars could result in:		5
A	Anorexia	B	Obesity
C	Constipation	D	Diarrhoea
			<input type="checkbox"/> B
6	The symptoms of hypoglycaemia include:		6
A	Disturbed behaviour, over activity	B	Increased thirst, frequent urination
C	Impulsiveness, aggressiveness	D	Dizziness, hunger
			<input type="checkbox"/> D
7	Sources of magnesium can be found in:		7
A	Cocoa powder, sunflower seeds	B	Curry powder, ground ginger
C	Chicken stock cubes, Soya mince	D	Lamb's kidneys, dried mushrooms
			<input type="checkbox"/> A
8	Hydrochloric acid activates the enzyme:		8
A	Trypsin	B	Rennin
C	Lactase	D	Pepsin
			<input type="checkbox"/> D
9	Coffee interferes with the absorption of:		9
A	Iron	B	Zinc
C	Calcium	D	Vitamin D
			<input type="checkbox"/> A
10	For optimum results athletes should ensure they consume:		10
A	Proteins	B	Fats
C	Carbohydrates	D	Vitamins
			<input type="checkbox"/> C