

Exam questions

1.1.5

Multiple-choice questions

1. (a) Which of the following does not describe a function of food?

- A Provides energy
- B Increases fast twitch muscle fibres
- C Repairs injured tissue
- D Contributes to general healthy growth

(1)

(b) Which of the following are examples of carbohydrates?

- A Pasta, beer, bread, meat
- B Rice, cheese, fruit, milk
- C Pasta, rice, potatoes, bread
- D Bread, milk, cheese, beans

(1)

(c) Which combination of food would best help tissue repair?

- A Fish, nuts, eggs, poultry
- B Fish, lentils, bread, eggs
- C Beans, eggs, butter, fruit
- D Eggs, cereals, liver, nuts

(1)

(d) Which of the following best describes carbohydrate loading?

- A Eating foods that allow a store of glycogen to build up in the body
- B Eating foods that are high in bulk to fill you up
- C Eating foods that give a balance of all nutrients
- D Eating foods that will reduce weight and build muscle

(1)

(e) Sportspeople will use a high-protein diet for different reasons. Which of the following is not one of them?

- A To help with weight loss
- B To burn fat and increase muscle size
- C To store energy
- D As an aid to rehabilitation after injury

(1)

(f) Macro units are important to the body. Which of the following best describes their importance?

- A Provides energy, stores energy, repairs tissue
- B Repairs tissue, helps general health, increases oxygen carrying efficiency
- C Repairs tissue, helps digestion, stores energy
- D Stores energy, helps blood flow, helps digestion

(1)

Short-answer questions

2. Which nutrient provides instant energy?

(1)

Longer-answer questions

3. A balanced diet helps a person in many ways in everyday life. State four functions of eating a good balance of food.

(4)

4. There are seven constituents of a balanced diet: vitamins and water are two, list the other five.

(5)

5. The following question is about endurance events and diet.

(a) Name the recognized special diet helping endurance athletes optimize success.

(b) At what stages, in relation to an endurance competition, should a performer fine-tune their diet for optimum performance and recovery?

(2)