**Nutritional Requirements**

Multi-choice questions (with answers)

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# Segment 1: What Is Nutrition?

1. What is nutrition?
	1. **The process of providing or obtaining food necessary for health and wellbeing**
	2. The process of monitoring and developing plans for appropriate intake of food
	3. The process of monitoring and eliminating unnecessary foods from a persons’ diet
	4. The process of understanding how different foods impact the body
	5. The process of eliminating foods to create different weight loss plans
2. Which one of the following is NOT a food group?
	1. Carbohydrates
	2. Proteins
	3. Vitamins
	4. Minerals
	5. **Sugars**
3. What food group is the main course of energy?
	1. Vitamins
	2. Minerals
	3. **Carbohydrates**
	4. Proteins
	5. Sugars
4. Fill in the blank: Carbohydrates are the sugars, \_\_\_\_\_\_\_\_\_\_\_\_, and fibres found in fruits, grains, vegetables, and milk products.
	1. Proteins
	2. **Starches**
	3. Nutrients
	4. Amino acids
	5. Organic compounds
5. What are proteins?
	1. Organic compounds essential for growth
	2. The bodies main source of energy
	3. Elements found in food
	4. **Essential nutrients for the human body**
	5. Nutrients that keep the body alive
6. Why should you only have small quantities of vitamins?
	1. Because the body only uses small amounts
	2. **Because they cannot be synthesized by the body**
	3. Too much can calcify organs
	4. Vitamins are found in every food therefore the body will naturally get vitamins
	5. This is incorrect, you need large amounts of vitamins
7. Which food group has the main role of body growth and repair?
	1. **Proteins**
	2. Carbohydrates
	3. Minerals
	4. Vitamins
	5. All of the above
8. Which of these is not a true statement about nutrition?
	1. Provides energy
	2. Keeps the cells in the body alive
	3. Prevents disease
	4. Helps recovery from illness
	5. **Keeps people long and lean**
9. As a person ages they require what?
	1. Carbohydrate rich foods
	2. Vitamin rich foods
	3. Protein rich foods
	4. **Nutrient rich foods**
	5. Mineral rich foods
10. Which of the following is classed as a feeding issue?
	1. Difficulty eating
	2. Discomfort or reaction
	3. Clinical condition
	4. Assistance required
	5. **All of the above**

# Segment 2: Dietary Requirements

1. As a person ages, what happens to their muscle?
	1. Their muscle tone increases
	2. **Their muscle tone decreases**
	3. Their muscle becomes calcified
	4. Their muscle becomes brittle
	5. There are no changes to muscle
2. What effect does decreased stomach acid have on nutritional intake?
	1. **Effects how nutrients and vitamins are absorbed**
	2. Causes the stomach to feel fuller faster
	3. Effects the types of food that can be eaten
	4. Causes the stomach to empty faster
	5. Effects absorption of protein
3. Which of the following is NOT a symptom of an allergic reaction?
	1. Sore stomach
	2. Itchy skin
	3. Trouble breathing
	4. **Decreased heart rate**
	5. Anaphylactic reaction
4. Where would a persons’ food preferences be noted?
	1. On a board in the kitchen
	2. In whatever system the kitchen staff have created
	3. **In the personal plan**
	4. It is up to the staff to remember
	5. Food preferences are not noted, only allergies
5. What is a metabolic rate?
	1. Speed at which you digest food
	2. Rate of absorption of meta-nutrition
	3. Rate at which a person becomes hungry again after eating
	4. **Speed at which your body burns calories**
	5. Speed at which the body eliminates waste product
6. Which of the following should appear in a personal plan?
	1. Any known allergies
	2. Any physical support required
	3. Food preferences
	4. Modifications to food
	5. **All of the above**
7. If a person has diabetes what must be monitored carefully?
	1. Their sodium intake
	2. Their calcium intake
	3. **Their sugar intake**
	4. Their calorie intake
	5. Their protein intake
8. The person who creates the meals plans needs to ensure who has the correct nutritional balance?
	1. People with allergies
	2. People who struggle with chewing and swallowing
	3. People who have dietary restrictions
	4. People who are underweight
	5. **Everyone**

# Segment 3: Healthy Eating

1. What is dehydration?
	1. **Loss of body fluid which impairs function**
	2. When the body does not absorb fluid
	3. When the body as received too much fluid
	4. When the organs fail as they are not receiving fluid
	5. When the body metabolises fluid
2. How much is a serving size of fluid?
	1. 150 ml
	2. 200 ml
	3. **250 ml**
	4. 300 ml
	5. 350 ml
3. When was the food pyramid developed?
	1. Late 80’s
	2. **Early 90’s**
	3. Late 90’s
	4. Early 2000’s
	5. Mid 2000’s
4. What is the general rule for a serving size?
	1. Size of a small plate
	2. Width of fingers
	3. **Size of fist**
	4. 100 grams
	5. 250 ml
5. Which food group should you have five servings a day of?
	1. Carbohydrates
	2. Essential fats
	3. Dairy
	4. Meat
	5. **Fruit and Vegetables**
6. How many servings a day should you have of essential fats?
	1. **1**
	2. 2
	3. 3
	4. 4
	5. 5
7. Meats, fish and poultry contain what?
	1. Fatty acids and protein
	2. **Protein and essential amino acids**
	3. Calcium and Zink
	4. Vitamins and minerals
	5. Fatty acids and calcium
8. What percentage of adults struggle to process lactose?
	1. 30%
	2. 45%
	3. 50%
	4. **75%**
	5. 100%
9. What food group should you have 4 servings of a day?
	1. Fats
	2. Fruit and Vegetables
	3. Dairy
	4. **Carbohydrates**
	5. Meats

# Segment 4: Life Stages

1. Babies need a lot of what when they are infants?
2. Magnesium and Iron
3. Calcium and protein
4. Calcium and Magnesium
5. **Protein and Iron**
6. Iron and Calcium
7. Milk given from the breast within the first 48 hours after birth is known as what?
8. Vitamin K
9. First milk
10. **Colostrum**
11. Breast milk
12. Afterbirth
13. At what life stage does the brain develop fastest?
14. **Infancy**
15. Child
16. Adult
17. Older adult
18. It grows at the same rate throughout
19. Around what age do you introduce solids into a diet?
20. 2 months
21. **6 months**
22. 1 year
23. 18 months
24. When they have teeth
25. Once a child is school age each food group should increase by how many servings?
26. **1**
27. 2
28. 3
29. 4
30. 5
31. What age range is a person considered an adolescent?
32. 12 – 15
33. 10 – 16
34. 13 – 16
35. 14 – 18
36. **13 – 18**
37. Poor quality foods decrease what?
38. **Energy levels**
39. Body mass
40. Appetite
41. Cell growth
42. Cognitive ability
43. Lack of good quality food intake is cause by what?
44. Poverty
45. Poor nutritional habits
46. Mental health
47. Cognitive issues
48. **All of the above**
49. A person is considered an older adult from what age?
50. 50
51. 55
52. 60
53. **65**
54. 70
55. Older adults do not require as many calories, how is this best reduced?
56. Skipping a meal a day
57. Reducing the number of fruits and vegetables
58. Reducing the number of proteins
59. Reducing the number of carbohydrates
60. **Keeping all the food groups and meals but reducing the portion sizes**

# Segment 5: Health Impairment

1. If a person is coeliac, what foods do they need to avoid?
	1. Fish and seafood
	2. Dairy
	3. **Gluten**
	4. Salt
	5. Sugar
2. If a person has heart failure what foods do they need to avoid?
	1. Fish and seafood
	2. Dairy
	3. Gluten
	4. Sugar
	5. **Salt**
3. What does anaphylaxis mean?
	1. **It is a term used to describe the most severe type of allergic reaction which can be fatal**
	2. It is a term used to describe a true allergy to something
	3. It is a term used to describe any form of allergic reaction
	4. It is a term used to describe severe allergic reactions to foods
	5. It is a term used to describe when a person claims to be allergic to something
4. When someone is unable to process milk products it is because they are missing an enzyme called what?
	1. Lactose
	2. **Lactase**
	3. Lactulose
	4. Lactic acid
	5. Lactose acid
5. How many types of diabetes are there?
	1. 1
	2. **2**
	3. 3
	4. 4
	5. 5
6. People develop diabetes when their body cannot make or properly use what?
	1. Lactase
	2. Sugar
	3. Peptide
	4. **Insulin**
	5. Trypsin
7. What is it called when blood sugar levels get too low?
	1. **Hypoglycaemia**
	2. Hyperglycaemia
	3. Diabetic shock
	4. Diabetic coma
	5. Hypovolemic shock
8. The difference between intolerance and allergy is what?
	1. They type of reaction they have
	2. Whether they have a reaction or not
	3. **The severity of the reaction**
	4. What they are allergic or intolerant to
	5. Whether it is diagnosed or suspected
9. Which of the following is NOT a sign of a reaction?
	1. Bloating and cramping
	2. Swelling and itching
	3. Hives or rash
	4. **Confusion and disorientation**
	5. Swelling in the throat

# Segment 6: Nutrition and Weight

1. In a low-fat diet, Saturated fats should make up what percentage of the diet?
2. 0%
3. 3 – 7%
4. **7 – 10%**
5. 10 - 15%
6. no more than 20%
7. Fats do what body functions?
8. **Cell growth and warmth**
9. Muscle repair and warmth
10. Digestion and warmth
11. Red blood cell storage
12. White blood cell repair
13. What should you do to meat if you are on a low-fat diet?
14. Not consume it
15. **Trim the fat off**
16. Bake it
17. Marinate it
18. Only eat organic
19. People on a low-fat diet should eat plenty of what?
20. Packed food so they can read the label to know how much fat is in the food
21. Fruits and vegetables
22. Carbohydrates
23. Protein
24. **Vegetables and wholegrain foods**
25. If a person is trying to lose weight, they need to eat less calories than what?
26. They normally would
27. **Their body uses**
28. Recommended for a person their height
29. The BMI Calculator indicates
30. This is false information, the quality of the food needs to change, not the number of calories
31. A person trying to lose weight should cut out which food group?
32. Fats
33. Carbohydrates
34. Proteins
35. Dairy
36. **They should not cut out any food group, just change the portion size**
37. People who need to gain weight need to be on a diet that is high in what?
38. Protein and carbohydrates
39. Fats and protein
40. Protein and more meals
41. **Calories and high-quality nutrition**
42. Quality and number of meals
43. A high protein diet is when at least what percentage of the daily energy requirements are delivered from a protein source?
44. 10%
45. 20%
46. **30%**
47. 40%
48. 50%
49. If a person is struggling to get their daily essential nutritional requirements in, what can they do?
50. **Take supplements**
51. Increase the number of meals
52. Eat an organic diet
53. Work on getting enough protein and then work on each food group at a time
54. Eat what they want, very few people manage to eat all their nutritional requirements

# Segment 7: Diets and Culture

1. What is Halal?
	1. **Meat that has been killed according to Muslim practice**
	2. Meat that has been killed according to Jewish practice
	3. Meat that has been killed according to Hindu practice
	4. Food that has been prepared in a specific way according to Muslim beliefs
	5. Food that has been prepared according to Jewish customs
2. What is Manaakitanga?
	1. A traditional Maori welcome
	2. **A Maori principle around fostering relationship**
	3. A way of preparing food according to Maori beliefs
	4. Something that is sacred and special
	5. The connection between food and spiritual wellbeing
3. Which of the following is NOT a common food eaten in the Pacific Islands?
	1. Coconut
	2. Fish4
	3. Sweet potato
	4. Yam
	5. **Cow**
4. What is Ramadan?
	1. The way food is prepared
	2. Food that is acceptable in Jewish culture
	3. **Fasting between sunrise and sunset for prayer and reflection**
	4. A humane way of culling animals
	5. A celebration where specific foods are served
5. What animals are kosher?
	1. All seafood
	2. Animals feed organic grass and grains
	3. **Animals with split hooves and chew their cud**
	4. No animals are Kosher
	5. All animals are kosher, it is about how you prepare them
6. How do you know what specific guidelines a Hindu will follow?
	1. Practices are the same, they will not eat beef, anything else is fine
	2. It will depend on the area they are from
	3. Play it safe and serve vegetarian options
	4. **Ask the person and put the answers in their personal plan**
	5. If they do not tell you what they believe they are not a practicing Hindu and therefore it does not matter

7) How can you keep food Kosher in the kitchen?

* 1. It is impossible in an industrial kitchen
	2. **Have certain machines and utensils specific for cooking kosher food**
	3. It is not about food preparation, as long as you are using kosher food it is fine
	4. Food is Kosher once it has been prayed over
	5. Food and medicine should not be in the same fridge

8) People who are Muslim do not eat what meat?

* 1. **Pigs**
	2. Cows
	3. Fish
	4. Poultry
	5. They do not eat any meat