**ST MARY’S UNIVERSITY**

**TWICKENHAM, LONDON**

BA//BSc Degree Examination students registered for

Level FOUR

Title**: Introduction to Nutrition 1**

Code: **NUT4032**

Semester: **Resit**

Date: **4th July 2019**

Time: **13:30- 15:00 PM**

TIME ALLOWED: **ONE** HOUR AND **THIRTY** MINUTES

Please answer **ALL** questions in the separate form.

If an error occurs, please put an **‘X’** thorough the incorrect answer. If you would like to return to the original answer, circle the **‘X’**

Answer **ALL** questions.

Write your Regnum on **ALL** pages

You may use an approved calculator

1. How many kilojoules are equivalent to 300 kcals?
2. 1092 kJ
3. 1184 kJ
4. 1255 kJ
5. 1500 kJ
6. What does it mean if a food is energy dense?

a) Few calories in large volume of food

b) Many calories in large volume of food

c) Many calories in small volume of food

d) Few calories in small volume of food

1. The basal metabolic rate (BMR) approximately accounts for what percentage of daily energy requirements in non-athlete’s healthy adults?

a) 50%

b) 15%

c) 40%

d) 60%

1. What is a factor that determines basal metabolic rate (BMR)?
2. The weight of a person
3. The age of a person
4. The lean body mass of a person

a) I & II

b) I & III

c) II & III

d) All of the above

1. Which of the following contributes towards energy expenditure?
2. Basal Metabolic Rate
3. Physical Activity Level
4. Thermic Effect of Foods
5. I
6. II
7. III
8. All of the above
9. Which of the following may induce thermogenesis?
10. Caffeine
11. Nicotine
12. Alcohol

a) I & III

b) II & III

c) I & II

d) All of the above

1. What element of energy requirements is most variable?

a) Basal metabolic rate

b) Physical activity

c) Thermic effect of feeding

d) None of the above

1. What is the (Physical Activity Value) PAL value for the average population?
2. 1.74
3. 1.63
4. 1.55
5. 1.90
6. The building blocks of carbohydrate are:
7. Amino acids
8. Fatty acids
9. Monosaccharides
10. Fibre fractions
11. Maltose is made up of:
12. Glucose + Glucose
13. Glucose + Galactose
14. Fructose + Glucose
15. Fructose + Galactose
16. Around how much dietary energy should come from total carbohydrate?
17. 11%
18. 15%
19. 35%
20. 50%
21. A high intake of NSP is associated with a lower risk of which type of cancer?
22. Breast cancer
23. Lung cancer
24. Bone cancer
25. Colorectal cancer
26. Excessive oligosaccharides consumption may cause:
    1. Weight gain
    2. Bloating and gas
    3. Constipation
    4. Diabetes
27. Which of the following food groups makes the largest contribution to NSP intake in UK adults?
28. Sweets and confectionaries
29. Meat and Fish
30. Eggs and Tofu
31. Cereals and cereal products
32. What is glycogen?

a) Pigment of the eye

b) The hormone that controls blood sugars

c) Stored glucose in the liver and the muscle

d) The process of releasing energy without oxygen

1. Which of the following are both types of carbohydrate?
2. Fat and oligosaccharides
3. Fat and amino acids
4. Starch and oligosaccharides
5. Starch and amino acids
6. Which is an essential amino acid?
7. Isoleucine
8. Glycine
9. Proline
10. Serine
11. Which of the following amino acid is notessential for adults?
12. Arginine
13. Phenylalanine
14. Tryptophan
15. Leucine
16. Which food group is the largest contributor of protein for UK adults?
17. Vegetables and potatoes
18. Meat and meat products
19. Cereal and cereal products
20. Milk and milk products
21. Which of these is NOT a function of protein in the body of a healthy person?
22. Provides a major source of energy
23. Provides a structural role
24. Act as catalysts for reactions
25. Transports substances around the body
26. Protein complementation is:

a) Combing sources of incomplete proteins to ensure optimal amino acid profile

b) A way of defining biological value

c) Eating certain carbohydrates alongside protein to increase recovery

d) None of the above

1. What is one of the limiting amino acid in Legumes?

a) Lysine

b) Isoleucine

c) Tryptophan

d) Leucine

1. Which are the main omega-3 fatty acids found in oily fish?
2. EPA and linolenic acid
3. Linolenic and alpha-linoleic
4. EPA and DHA
5. DHA and linolenic
6. Identify the role(s) of fat from the following:
7. Provides the same amount of fibre as carbohydrates
8. Maintenance of the structure of cell membranes
9. Promotes strengthening of the bones
10. All of the above
11. Which of the statements below is not correct?
12. Saturated fatty acids have no double bonds
13. Saturated fatty acids carry the maximum number of hydrogen atoms
14. Stearic acid is the most common unsaturated fatty acid
15. Polyunsaturated fatty acids have at least two double bonds
16. What is the highest source of saturated fatty acids in this list?
17. Butter
18. Soybean oil
19. Lard
20. Olive oil
21. Which of the following enzymes is notinvolved in the digestion of protein?
22. Pepsin
23. Trypsin
24. Maltase
25. Protease
26. What does the term”n-3 fatty acids” signify?
27. The first double bond occurs six carbons from the acid group end
28. There are six double bonds in the fatty acid
29. The first double bond occurs six carbons from the methyl group end
30. None of the above
31. What phrase is related to transporting fat in circulation?

a) Glycogen

b) Glycerol

c) Chylomicrons

d) Spleen

1. What is the maximum number of alcohol units recommended per week for men?
2. 12
3. 20
4. 13
5. 14
6. Drinking heavily during pregnancy can lead to the child developing:
7. Foetal alcohol syndrome
8. Scurvy
9. Rickets
10. Diabetes
11. Which of the following groups are advised not to consume alcohol?
12. Working mothers
13. Elderly women
14. Pregnant and lactating women
15. All of the above
16. How much energy would 50g of alcohol provide?
17. 70 kcal
18. 200 kcal
19. 450 kcal
20. 350 kcal
21. How many units of alcohol is in this drink? One pint (500ml) of lager (ABV 5%):
22. 5 Units
23. 1 Unit
24. 5.5 Units
25. 2.5 Units
26. In nutrition guidelines what does DRV stand for?

a) Dietary recall validation

b) Diet response value

c) Dietary record verification

d) Dietary reference value

1. What is the reference national diet and nutrition survey in the UK?
2. NDNS
3. NHS
4. SPSS
5. HEHS
6. What do Vegans eat?
7. Plant foods only
8. Plant foods with Dairy produces
9. Plant Foods with Dairy products and eggs
10. Plant foods, dairy products, eggs and fish
11. A small teacake contains, 30 g carbohydrate and 3 g protein and 5g fat. How much energy does the teacake provide?
12. 177Kcals
13. 277Kcals
14. 377Kccls
15. 477Kcals
16. Peanut butter contain 30g protein/100g, toast contains 10g protein per 100g, If you spread 25g of peanut butter on a toast weighing 50g, how much protein does this contain together?
    1. 7.5 g protein
    2. 12.5g protein
    3. 15.5g protein
    4. 18.5 g protein
17. A small portion of paella contains 5g protein, 14g fat and 58g carbohydrate. How much energy come from fat approximately?
    1. 22%
    2. 44%
    3. 33%
    4. 55%

**END OF EXAMINATION**

**Multiple Choice Questions Answer Sheet:**

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| **Question:** | **Answer:** |
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