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Level 1 Award in Healthier Foods and Special Diets

Sample Questions

PAPER NUMBER: **0000**

INSTRUCTIONS TO CANDIDATES

1 Attempt to answer every question

2 Enter your answer on the accompanying answer sheet. Each question has only **ONE** correct answer

3 You have **45 MINUTES** to complete the examination. When you have finished give your question paper and answer sheet to the person in charge

4 The Pass mark for this examination is 12/20.

SAMPLE

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1. Which ONE of these is good advice for a healthy diet?
- **A.** Eat lots of fruit and vegetables
- **B.** Eat lots of fatty foods
- **C.** Take more than 10 grams of salt a day
- **D.** Drink water once a day

2. What would be considered as a healthy diet for a child?
- **A.** Low in protein and carbohydrates
- **B.** High in salt and sugar
- **C.** Enough protein and carbohydrates
- **D.** Low in fruit and vegetables

3. Which of the following foods contains least salt and fat?
- **A.** Fruit and vegetables
- **B.** Bread and cake
- **C.** Biscuits and cheese
- **D.** Baked Beans and chips

4. Which of the following would provide a portion of fruit or vegetables?
- **A.** 200g jacket potato
- **B.** 80g strawberries
- **C.** 3 tablespoons canned spaghetti in tomato sauce
- **D.** 1 portion of peanuts

5. Which of the following contains high levels of sugar?
- **A.** Carrots and crisps
- **B.** Cakes and chocolates
- **C.** Meat and fish
- **D.** Tomatoes and potatoes

6. A diet whose energy content is greater than needed is MOST likely to result in:
- **A.** Osteoporosis
- **B.** Anorexia
- **C.** Low blood pressure
- **D.** Obesity

7. Coronary Heart disease is often linked to a diet high in:
- **A.** Fruit and vegetables
- **B.** Starch
- **C.** Sweets
- **D.** Saturated fat

8. Type 2 diabetes can be controlled by:
- **A.** Increasing the amount of sugar in the diet
- **B.** Eating a balanced diet
- **C.** Decreasing physical activity levels
- **D.** Reducing the amount of salt in the diet

9. What is the recommended daily intake of salt for adults?
- **A.** 6g or less
- **B.** 7 to 10g
- **C.** 11 to 15g
- **D.** 16 to 20g

10. From the 'Eat Well Plate' which foods have the MOST protein?
- **A.** Fruit and Vegetables
- **B.** Meat, fish, eggs and beans
- **C.** Bread, rice and potatoes
- **D.** Food and drinks high in fat and sugar

11. How many portions of fruit and vegetables are recommended per day for a healthy

SAMPLE

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diet in the UK?

A. 3
B. 4
C. 5
D. 6

12. Which of the following is needed as a supplement during early pregnancy?

A. Iron
B. Protein
C. Folic acid
D. Mercury

13. On average which group requires MOST calories per day?

A. 10 year old boys
B. Pregnant women
C. Elderly men
D. Breast-feeding women

14. Growing children require a diet that is high in:

A. Fats and sugars
B. Saturated fat and water
C. Protein and energy
D. Carbohydrates and salt

15. People who are diabetic need to be careful about the amount of which of the following in their diets?

A. Protein
B. Sugar
C. Fat
D. Iron

16. Which high calorie foods may be used to encourage elderly people to eat?

A. Fat and sugar
B. Sugar and protein
C. Fat and fibre
D. Protein and fibre

17. Which of the following do NOT have restrictions on what foods they can eat?

A. Muslims
B. Hindus
C. Christians
D. Jews

18. Which of the following MUST be on a food label?

A. Display until
B. Ingredients
C. Portion size
D. Age suitability

19. Hospital patients would obtain information about special diets from:

A. The dietitian
B. The surgeon
C. The caterers
D. The meals on wheel service

20. How would you find out if a packaged meal was suitable for a coeliac to eat?

A. From friends
B. Ask the shop assistant
C. Look at the food label
D. From the photograph on the packet

END OF PAPER

SAMPLE