
Level 1 Award in Nutrition for Health

IMPORTANT READ THE FOLLOWING INSTRUCTIONS CAREFULLY:

1. This paper must be left on your desk at the end of the examination.
2. You should enter your answers on the accompanying answer sheet.
Each question has only ONE correct answer.
3. You are allowed **45 minutes** to complete the examination.
4. This exam paper consists of **20** questions.
5. You should answer all of the questions.
6. The Pass mark for this paper is **12/20**.

Specimen Paper

- 1 How many portions of fish should an adult eat each week?**
- A. 3
 - B. 1
 - C. 2
 - D. 4
- 2 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
- 3 Which of the following does NOT contain starchy carbohydrates?**
- A. Pasta
 - B. Orange juice
 - C. Potatoes
 - D. Porridge oats
- 4 Which of the below show examples from food groups which should make up the majority of a healthy diet according to the Eatwell Guide?**
- A. Beans/pulses/fish/meat and dairy or dairy alternatives
 - B. Beans/pulses/fish/meat and Fruit/vegetables
 - C. Dairy or dairy alternatives and potatoes/rice/pasta/bread
 - D. Fruit/vegetables and potatoes/rice/pasta/bread
- 5 Symptoms of iron deficiency anaemia include:**
- A. Bleeding gums
 - B. Bloating
 - C. Bone deformity
 - D. Fatigue
- 6 A diet whose energy content is greater than needed is MOST likely to result in:**
- A. Anorexia
 - B. Low blood pressure
 - C. Obesity
 - D. Osteoporosis
- 7 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
- 8 With regard to binge drinking of alcohol, which of the following statements is FALSE?**
- A. It increases the risk of mouth cancer
 - B. It contributes to high blood pressure
 - C. It increases risk of mental health problems
 - D. It increases risk of iron deficiency anaemia

- 9 What is the adult Reference Intake for salt per day (in grammes)?**
- A. 4
 - B. 6
 - C. 8
 - D. 10
- 10 What is the Reference Intake for energy for an adult male in kcals/day?**
- A. 2800
 - B. 1800
 - C. 2500
 - D. 2000
- 11 Which of the example foods below is a good source of Iron?**
- A. Beef fillet
 - B. Pasta
 - C. Apples
 - D. Rice
- 12 Which of the following nutrients is NOT found in red meat?**
- A. Vitamin C
 - B. Iron
 - C. Protein
 - D. Vitamin B12
- 13 What is the main function of carbohydrate in the diet?**
- A. To aid growth and repair of the body
 - B. To provide the body with energy
 - C. To insulate the body
 - D. To strengthen bones and teeth
- 14 Which of the following would you recommend a pregnant woman should eat more of in order to increase her calcium intake?**
- A. Oranges
 - B. Soft ripened cheese
 - C. Wholemeal bread
 - D. Low fat Greek yoghurt
- 15 The main role of protein in a child's diet is to:**
- A. Aid growth
 - B. Control body temperature
 - C. Provide heat
 - D. Control breathing
- 16 An individual diagnosed with type 2 diabetes would be advised to look for products which are labelled:**
- A. Green for salt content
 - B. Red for fat content
 - C. Green for sugar content
 - D. Amber for total fat
- 17 Following a heart attack, when selecting foods, it is best to look for labels which show they are:**
- A. High in fat and high in salt
 - B. High in saturates and high in salt
 - C. Low in saturates and low in salt
 - D. High in fat and high in saturates

- 18 A food label on the front of a package shows information on:**
- A. Calorie content and proportions of certain nutrients
 - B. Ingredients list
 - C. Only information on portion size
 - D. Allergy advice
- 19 If an individual suspects they may have a mild food allergy they should:**
- A. Remove the suspect food from their diet immediately
 - B. Seek advice from their GP before changing their diet
 - C. Reduce the suspect food in their diet over time
 - D. Go to A&E in their local hospital immediately
- 20 Which of the following foods should be avoided if a person has coeliac disease?**
- A. Wholemeal bread
 - B. Brown rice
 - C. Cornflakes
 - D. Gluten free pasta

END OF PAPER