

20 Multiple choice questions

1. a person who eats a diet based on plant foods but which also contains dairy products and egg
 - a. hydrogenation
 - b. lacto-ovo-vegetarian
 - c. mastication
 - d. lacto-vegetarian
2. protein messengers produced by the body
 - a. hormones
 - b. glycogen
 - c. lipids
 - d. enzyme
3. process of changing energy sources (e.g.. food) into energy
 - a. mastication
 - b. hormones
 - c. metabolise
 - d. enzyme
4. a person who eats a diet based on plant foods but which also contains dairy products
 - a. hydrogenation
 - b. lacto-vegetarian
 - c. macronutrients
 - d. lacto-ovo-vegetarian
5. a polysaccharide of glucose, found in the liver and muscles; it is the main store of glucose in the body
 - a. glycogen
 - b. hormones
 - c. glycerol
 - d. enzyme
6. proteins are made up of chemicals called amino acids of which there are 20 that the body requires to function properly; there are eight amino acids (called essential amino acids) that cannot be made by the body and must be obtained from foods
 - a. essential amino acids
 - b. metabolise
 - c. limiting amino acid
 - d. mastication

7. the treatment of unsaturated fatty acids that breaks double bonds between adjoining carbon atoms in the carbon chain; this results in a saturated fatty acid
- mastication
 - haem iron
 - hydrogenation
 - glycogen
8. the kind of iron found in the blood and in animal foods; it is easily absorbed in the gut
- haem iron
 - mastication
 - hormones
 - glycerol
9. proteins that have a three-dimensional shape; they often appear round, like a globe
- glycogen
 - globular proteins
 - incomplete protein
 - hormones
10. the mechanical breakdown of food using the teeth (chewing)
- hydrogenation
 - mastication
 - haem iron
 - metabolise
11. the general name given to a range of substances that include fats, oils, fatty acids, phospholipids, sterols, glycolipids and waxes; most of these are not water soluble
- lipids
 - enzyme
 - glycerol
 - hormones
12. the simplest of all sugars (glucose, galactose, and fructose), which combine to make other sugars and starches; all have the chemical formula $C_6H_{12}O_6$
- monosaccharides
 - monounsaturated
 - metabolise
 - mastication

13. a three-carbon chain that forms the backbone of tri-glyceride fats
- glycerol
 - lipids
 - glycogen
 - haem iron
14. protein that does not provide essential amino acids in a ratio that meets human requirements
- globular proteins
 - lacto-vegetarian
 - haem iron
 - incomplete protein
15. the nutrients we need in large amounts, which are sources of energy; these are the proteins, lipids and carbohydrates
- mastication
 - macronutrients
 - hydrogenation
 - micronutrients
16. chemical substance that acts as a catalyst
- glycerol
 - lipids
 - enzyme
 - glycogen
17. the amino acid found in shortest supply in a particular incomplete protein food
- limiting amino acid
 - mastication
 - metabolise
 - essential amino acids
18. a fatty acid that has one double bond
- monosaccharides
 - macronutrients
 - mastication
 - monounsaturated

19. the nutrients we need in only small amounts; these are the vitamins and minerals
- a. micronutrients
 - b. macronutrients
 - c. hydrogenation
 - d. hormones
20. very reactive substances that can promote chemical reaction on their own; free radicals inside the body can cause oxidative damage
- a. free radicals
 - b. mastication
 - c. glycerol
 - d. haem iron