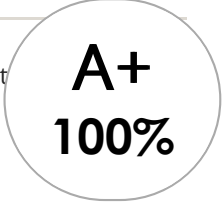


20 Multiple choice questions



A+
100%

1. a person who eats a diet based on plant foods but which also contains dairy products and egg
 - a. hydrogenation
 - b. **CORRECT: lacto-ovo-vegetarian**
 - c. mastication
 - d. lacto-vegetarian

2. protein messengers produced by the body
 - a. **CORRECT: hormones**
 - b. glycogen
 - c. lipids
 - d. enzyme

3. process of changing energy sources (e.g.. food) into energy
 - a. mastication
 - b. hormones
 - c. **CORRECT: metabolise**
 - d. enzyme

4. a person who eats a diet based on plant foods but which also contains dairy products
 - a. hydrogenation
 - b. **CORRECT: 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. **CORRECT: 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. **CORRECT: 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
 - a. mastication
 - b. haem iron
 - c. **CORRECT: hydrogenation**
 - d. glycogen

8. the kind of iron found in the blood and in animal foods; it is easily absorbed in the gut
 - a. **CORRECT: haem iron**
 - b. mastication
 - c. hormones
 - d. glycerol

9. proteins that have a three-dimensional shape; they often appear round, like a globe
 - a. glycogen
 - b. **CORRECT: globular proteins**
 - c. incomplete protein
 - d. hormones

10. the mechanical breakdown of food using the teeth (chewing)
 - a. hydrogenation
 - b. **CORRECT: mastication**
 - c. haem iron
 - d. 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
- a. **CORRECT: lipids**
 - b. enzyme
 - c. glycerol
 - d. hormones
12. the simplest of all sugars (glucose, galactose, and fructose), which combine to make other sugars and starches; all have the chemical formula $C_6H_{12}O_6$
- a. **CORRECT: monosaccharides**
 - b. monounsaturated
 - c. metabolise
 - d. mastication
13. a three-carbon chain that forms the backbone of tri-glyceride fats
- a. **CORRECT: glycerol**
 - b. lipids
 - c. glycogen
 - d. haem iron
14. protein that does not provide essential amino acids in a ratio that meets human requirements
- a. globular proteins
 - b. lacto-vegetarian
 - c. haem iron
 - d. **CORRECT: incomplete protein**
15. the nutrients we need in large amounts, which are sources of energy; these are the proteins, lipids and carbohydrates
- a. mastication
 - b. **CORRECT: macronutrients**
 - c. hydrogenation
 - d. micronutrients

16. chemical substance that acts as a catalyst
- a. glycerol
 - b. lipids
 - c. **CORRECT: enzyme**
 - d. glycogen
17. the amino acid found in shortest supply in a particular incomplete protein food
- a. **CORRECT: limiting amino acid**
 - b. mastication
 - c. metabolise
 - d. essential amino acids
18. a fatty acid that has one double bond
- a. monosaccharides
 - b. macronutrients
 - c. mastication
 - d. **CORRECT: monounsaturated**
19. the nutrients we need in only small amounts; these are the vitamins and minerals
- a. **CORRECT: 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. **CORRECT: free radicals**
 - b. mastication
 - c. glycerol
 - d. haem iron