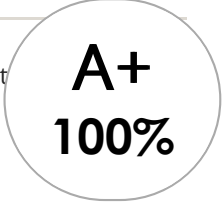


## 25 Multiple choice questions



**A+**  
**100%**

1. the scientific study of food consumption and the use of nutrients in the body
  - a. **CORRECT: nutrition**
  - b. vitamins
  - c. pectin
  - d. protein
  
2. a polysaccharide found in fruit and some vegetables; it is also used to make jam sets
  - a. protein
  - b. vegan
  - c. peptones
  - d. **CORRECT: pectin**
  
3. describes a fatty acid that has more than one double bond
  - a. protein
  - b. precursor
  - c. **CORRECT: polyunsaturated**
  - d. polysaccharides
  
4. algae-like bacteria that are high in protein and used to make health-food supplements
  - a. **CORRECT: spirulina**
  - b. protein
  - c. pectin
  - d. vitamins
  
5. hormone-like substances that are involved in many processes in the body, including muscle contraction, blood flow, inflammation, and the immune system
  - a. **CORRECT: prostaglandins**
  - b. peristalsis
  - c. protein
  - d. vitamins

6. a person who eats a diet based wholly on plant foods
  - a. omega 6
  - b. **CORRECT: vegan**
  - c. vitamins
  - d. pectin
  
7. fatty acids that have one or more double bonds
  - a. omega 3 fatty acids
  - b. saturated fatty acids
  - c. polyunsaturated
  - d. **CORRECT: unsaturated fatty acids**
  
8. a sign of vitamin D deficiency in children, in which the bones do not harden normally and can become malformed
  - a. pectin
  - b. protein
  - c. vitamins
  - d. **CORRECT: rickets**
  
9. chemicals that are converted to an active form of substance
  - a. protein
  - b. **CORRECT: precursor**
  - c. pectin
  - d. peptones
  
10. the rhythmical wave-like motion of the muscles lining the digestive system that moves food through the gut
  - a. peptones
  - b. **CORRECT: peristalsis**
  - c. protein
  - d. pectin
  
11. small chains of amino acids that are formed during digestion in the stomach
  - a. vegan
  - b. **CORRECT: peptones**
  - c. protein
  - d. pectin

12. a sign of vitamin D deficiency in adults, in which bones soften, resulting in bone pain and increased risk of fracture
- a. omega 6
  - b. starch
  - c. **CORRECT: osteomalacia**
  - d. vegetarian
13. a ring-shaped muscle that may be tightened to slow or stop flow through part of the body; for example, the lower oesophageal sphincter prevents upward reflux of stomach contents
- a. **CORRECT: sphincter**
  - b. starch
  - c. pectin
  - d. protein
14. a polysaccharide of glucose that forms the energy stored in plants
- a. vitamins
  - b. **CORRECT: starch**
  - c. vegan
  - d. pectin
15. unsaturated fatty acids that have their first double bond between the third and fourth carbon on the chain
- a. saturated fatty acids
  - b. unsaturated fatty acids
  - c. **CORRECT: omega 3 fatty acids**
  - d. omega 6
16. name for a family polyunsaturated fatty acids
- a. **CORRECT: omega 6**
  - b. pectin
  - c. protein
  - d. vegan

17. minerals required by the body in tiny amounts
- a. prostaglandins
  - b. rickets
  - c. **CORRECT: trace elements**
  - d. tocopherols
18. chemical compounds required by the body in small amounts to carry out important activities
- a. vegan
  - b. rickets
  - c. **CORRECT: vitamins**
  - d. protein
19. one of the main nutrients needed by the body to repair and build cells, produce enzymes and hormones, and which can be used as a source of energy
- a. pectin
  - b. spirulina
  - c. vegan
  - d. **CORRECT: protein**
20. a person who does not eat meat, poultry or fish
- a. **CORRECT: vegetarian**
  - b. pectin
  - c. vitamins
  - d. vegan
21. the chemical name for vitamin E
- a. omega 6
  - b. **CORRECT: tocopherols**
  - c. rickets
  - d. peptones

22. the kind of iron found in plant foods; it is not absorbed as easily haem iron
- a. nutrition
  - b. protein
  - c. **CORRECT: non-haem iron**
  - d. vegetarian
23. a number of monosaccharides joined together
- a. polyunsaturated
  - b. **CORRECT: polysaccharides**
  - c. peristalsis
  - d. tocopherols
24. an amino acid that the body can make itself
- a. non-haem iron
  - b. unsaturated fatty acids
  - c. osteomalacia
  - d. **CORRECT: non-essential amino acid**
25. a fatty acid that has no double bonds
- a. osteomalacia
  - b. omega 3 fatty acids
  - c. **CORRECT: saturated fatty acids**
  - d. unsaturated fatty acids