26 Multiple choice questions

1. the type of fibre that dissolves into a gel in water, and can be digested by bacteria in the colon to produce fuel for gut cells
   a. gut flora
   b. insoluble fibre
   c. isoflavonoids
   d. soluble fibre

2. non-nutrient plant chemicals that have beneficial effects in the body
   a. phyto-oestrogens
   b. probiotics
   c. phytochemicals
   d. anaemia

3. anything that tends to reduce inflammation (swelling, redness, heat and pain in body tissues); inflammation is normally part of a controlled process that fights infection and helps damaged tissue heal; when this control is lost, it can contribute to processes that are harmful to the body, such as cardiovascular disease; anti-inflammatory processes may help to restore this control
   a. anti-oxidants
   b. gut flora
   c. functional foods
   d. anti-inflammatory

4. the rhythmical wave-like motion of the muscles lining the digestive system that moves food through the gut
   a. oestrogen
   b. prostaglandins
   c. peristalsis
   d. legislation

5. chemicals that contribute to the yellow, orange and some red colours of fruit and vegetables
   a. flavonoids
   b. isoflavonoids
   c. probiotics
   d. carotenoids
6. hormone-like substances that are involved in many processes in the body, including muscle contraction, blood flow, inflammation, and the immune system
   a. isoflavonoids
   b. carotenoids
   c. peristalsis
   d. prostaglandins

7. unsaturated fatty acids that have their first double bond between the third and fourth carbon on the chain
   a. omega-3 fatty acids
   b. carotenoids
   c. butyric acid
   d. legislation

8. a chemical that stops oxidation, preventing oxidative damage in the body or, in food, preventing fats and oils from becoming rancid
   a. lignans
   b. anaemia
   c. anti-oxidants
   d. carotenoids

9. lipoproteins that deposit cholesterol along the walls of blood vessels
   a. oestrogen
   b. fortified foods
   c. low-density lipoproteins (LDLs)
   d. carotenoids

10. describes a food that contains material derived from an organism that has had its genetic material altered in some way other than by conventional breeding
   a. prostaglandins
   b. genetically modified
   c. functional foods
   d. nutritionally modified foods

11. types of bacteria that are normally found in a healthy human gut, and which are incorporated into foods to provide health benefits
   a. lignans
   b. carotenoids
   c. peristalsis
   d. probiotics
12. food whose nutritional content has been increased by the addition of more of the vitamins and minerals they already contain
   a. fortified foods
   b. carotenoids
   c. functional foods
   d. soluble fibre

13. a particular group of phytochemicals that are converted by gut bacteria into hormone-like compounds which imitate the hormone oestrogen
   a. prostaglandins
   b. oestrogen
   c. phyto-oestrogens
   d. phytochemicals

14. two groups of chemicals (anthocyanins and anthoxanthins) that contribute to the colours of fruits and vegetables
   a. lignans
   b. flavonoids
   c. carotenoids
   d. isoflavonoids

15. foods that surpass the basic nutrients found in foods that have proven health benefits
   a. flavonoids
   b. functional foods
   c. gut flora
   d. fortified foods

16. a female sex hormone
   a. legislation
   b. phyto-oestrogens
   c. peristalsis
   d. oestrogen

17. an independent statutory agency that works with the government to achieve a safe food supply by developing food standards and codes of practice, and standardising food law
   a. functional foods
   b. fortified foods
   c. Food Standards Australia New Zealand (FSANZ)
   d. low-density lipoproteins (LDLs)
18. the bacteria that live in the gut
   a. flavonoids
   b. soluble fibre
   c. gut flora
   d. anaemia

19. a diet-related deficiency disorder resulting either from a diet that is low in iron, or from iron loss (for example, due to
    blood loss or heavy menstruation)
   a. anaemia
   b. lignans
   c. gut flora
   d. flavonoids

20. chemical substances that have phyto-oestrogen qualities; are found in fruits, vegetables and legumes
   a. probiotics
   b. flavonoids
   c. isoflavonoids
   d. carotenoids

21. chemical substances that have phyto-oestrogen qualities; are found in nuts and seeds
   a. peristalsis
   b. anaemia
   c. lignans
   d. flavonoids

22. a law passed by government that describes what is legal in specific situations
   a. lignans
   b. legislation
   c. oestrogen
   d. peristalsis

23. foods that have been changed to improve their nutritional qualities, either by adding some component (such as
    vitamins, minerals, fibre, active non-nutrients) or by removing or reducing some component (such as fat, sugar or
    sodium)
   a. genetically modified
   b. nutritionally modified foods
   c. functional foods
   d. fortified foods
24. substances that are not necessarily essential in the diet, but can enhance the functioning of the body or contribute to the promotion of good health
   a. active non-nutrients
   b. carotenoids
   c. phyto-oestrogens
   d. anti-oxidants

25. a short-chain fatty acid that can be used as fuel by the cells lining the intestine; can be produced from fibre, by the action of bacteria found in the gut
   a. carotenoids
   b. butyric acid
   c. gut flora
   d. peristalsis

26. fibre that remains mostly unchanged as it passes through the gut; it helps to increase the bulk of the stool and speed up its passage through the body, reducing the chance of cell damage occurring from harmful substances in the stool
   a. isoflavonoids
   b. insoluble fibre
   c. soluble fibre
   d. gut flora