

25 Multiple choice questions

1. the scientific study of food consumption and the use of nutrients in the body
 - a. 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. pectin

3. describes a fatty acid that has more than one double bond
 - a. protein
 - b. precursor
 - c. polyunsaturated
 - d. polysaccharides

4. algae-like bacteria that are high in protein and used to make health-food supplements
 - a. 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. prostaglandins
 - b. peristalsis
 - c. protein
 - d. vitamins

6. a person who eats a diet based wholly on plant foods
 - a. omega 6
 - b. 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. 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. rickets

9. chemicals that are converted to an active form of substance
 - a. protein
 - b. 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. peristalsis
 - c. protein
 - d. pectin

11. small chains of amino acids that are formed during digestion in the stomach
 - a. vegan
 - b. 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. 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
- sphincter
 - starch
 - pectin
 - protein
14. a polysaccharide of glucose that forms the energy stored in plants
- vitamins
 - starch
 - vegan
 - pectin
15. unsaturated fatty acids that have their first double bond between the third and fourth carbon on the chain
- saturated fatty acids
 - unsaturated fatty acids
 - omega 3 fatty acids
 - omega 6
16. name for a family polyunsaturated fatty acids
- omega 6
 - pectin
 - protein
 - vegan
17. minerals required by the body in tiny amounts
- prostaglandins
 - rickets
 - trace elements
 - tocopherols
18. chemical compounds required by the body in small amounts to carry out important activities
- vegan
 - rickets
 - vitamins
 - 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
- pectin
 - spirulina
 - vegan
 - protein
20. a person who does not eat meat, poultry or fish
- vegetarian
 - pectin
 - vitamins
 - vegan
21. the chemical name for vitamin E
- omega 6
 - tocopherols
 - rickets
 - peptones
22. the kind of iron found in plant foods; it is not absorbed as easily haem iron
- nutrition
 - protein
 - non-haem iron
 - vegetarian
23. a number of monosaccharides joined together
- polyunsaturated
 - polysaccharides
 - peristalsis
 - tocopherols
24. an amino acid that the body can make itself
- non-haem iron
 - unsaturated fatty acids
 - osteomalacia
 - non-essential amino acid

25. a fatty acid that has no double bonds

- a. osteomalacia
- b. omega 3 fatty acids
- c. saturated fatty acids
- d. unsaturated fatty acids