
QUESTION: WHAT ARE THE CONSTITUENTS OF A HEALTHY DIET?

ANSWER: CARBOHYDRATE, PROTEIN, FAT, VITAMINS, MINERALS, FIBRE, WATER.

Topic: Diet & Exercise

QUESTION: WHAT IS THE ROLE OF PROTEIN IN THE BODY?

ANSWER: HELPS BUILD AND REPAIR BODY TISSUE. HELPS BUILD ANTIBODIES.

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QUESTION: WHAT IS THE ROLE OF FIBRE IN THE BODY?

ANSWER: PROMOTES REGULARITY IMPORTANT FOR NORMAL BOWEL FUNCTION

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QUESTION: LIST THREE SOURCES OF PROTEIN?

ANSWER: EGGS, FISH, MEAT

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QUESTION: NAME TWO IMPORTANT MINERALS AND THEIR ROLE?

answer: calcium - healthy bones & teeth

sodium - fluid balance, nerve transmission

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QUESTION: WHAT IS THE ROLE OF CARBOHYDRATE IN THE BODY?

ANSWER: SUPPLIES ENERGY & ASSISTS IN THE UTILISATION OF FATS

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QUESTION: WHAT IS THE ROLE OF FAT IN THE BODY?

ANSWER: SUPPLIES ENERGY. STORAGE OF ENERGY. ABSORPTION OF VITAMINS A D E K.

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QUESTION: LIST THREE GOOD SOURCES OF CARBOHYDRATE?

ANSWER: PASTA, RICE, CEREAL

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QUESTION: LIST THREE SOURCES OF FAT?

ANSWER: DAIRY (MILK/CHEESE ETC), NUTS, RED MEAT

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QUESTION: NAME TWO IMPORTANT VITAMINS AND THEIR ROLE?

answer: vitamin c - protein metabolism, immune system, iron absorption.

Vitamin A - vision, healthy skin, immune system.

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QUESTION: KATIE HAS AN OFFICE JOB. JIM IS A BUILDER. WHO REQUIRES MOST CARBOHYDRATE IN DIET?

ANSWER: JIM

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QUESTION: WHAT IS THE ROLE OF CHOLESTEROL?

answer: used to make steroid hormones, to make bile, cell membranes. raised levels increases risk of heart disease.

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QUESTION: WHAT IS BMI?

answer: the body mass index (BMI), or Quetelet index, is a measure of relative weight based on an individual's mass and height.

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QUESTION: WHAT FACTORS EFFECT YOUR METABOLIC RATE?

answer: age, gender and inherited factors. proportion of muscle to fat in the body, amount of exercise and other physical activity.

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QUESTION: WHAT DOES MALNOURISHED MEAN?

answer: **Malnutrition** is a condition that results from eating a diet in which **nutrients** are not enough or are too much such that it causes health problems.

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QUESTION: WHAT DO STATINS DO?

ANSWER: REDUCE THE AMOUNT OF CHOLESTEROL YOUR BODY MAKES.

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QUESTION: WHAT IS METABOLIC RATE?

ANSWER: THE SPEED AT WHICH ALL THE CHEMICAL REACTIONS IN BODY CELLS ARE CARRIED OUT.

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QUESTION: HOW DO YOU CALCULATE THE BODY MASS INDEX (BMI)?

answer: the individual's body mass divided by the square of their height – with the value universally being given in **units** of kg/m^2 .

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QUESTION: WHAT IS OBESITY?

answer: Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health,

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QUESTION: WHAT IS A DEFICIENCY?

ANSWER: A DEFICIENCY IS GENERALLY A LACK OF SOMETHING E.G. NUTRIENT, VITAMIN, MINERAL.

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QUESTION: WHAT ARE THE SYMPTOMS OF VITAMIN C DEFICIENCY?

answer: scurvy, which is characterised by haemorrhages and abnormal bone and dentine formation.

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QUESTION: WHAT ARE THE SIGNS OF PROTEIN DEFICIENCY?

answer: Kwashiorkor is caused by a deficiency in dietary protein. Signs include a distended abdomen, an enlarged liver, thinning hair, loss of teeth. Children with kwashiorkor often develop irritability and anorexia.

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QUESTION: HOW DO TEST FOOD FOR THE PRESENCE OF SIMPLE SUGARS?

answer: Add benedicts solution and heat for 5 min. The initial blue coloration of the mixture turns green, then yellowish and may form a brick red precipitate.

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QUESTION: HOW DO YOU TEST FOR VITAMIN C?

ANSWER: DCPIP IS BLUE AND TURNS COLOURLESS WHEN ADDED TO VITAMIN C.

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QUESTION: WHAT IS DIABETES?

ANSWER: DIABETES IS A LIFELONG CONDITION THAT CAUSES A PERSON'S BLOOD SUGAR LEVEL TO BECOME TOO HIGH.

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QUESTION: WHAT ARE THE SYMPTOMS OF IRON DEFICIENCY?

answer: anaemia is a condition where a lack of iron in the body leads to a reduction in the number of red blood cells. Tiredness and shortness of breath are symptoms.

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QUESTION: HOW DO YOU TEST FOOD TO SEE IF IT IS STARCH IN IT?

ANSWER: ADD IODINE - IT TURNS BLUE / BLACK IF STARCH IS PRESENT.

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QUESTION: HOW DO YOU TEST FOOD FOR THE PRESENCE OF PROTEIN?

answer: Biuret reagent is a blue solution that, when it reacts with protein, will change color to pink-purple.

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QUESTION: WHAT IS RICKETS?

ANSWER: RICKETS IS A CONDITION THAT AFFECTS BONE DEVELOPMENT IN CHILDREN. CAUSES THE BONES TO BECOME SOFT AND WEAK, CAN LEAD TO BONE DEFORMITIES.

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QUESTION: WHAT IS ARTHRITIS?

ANSWER: ARTHRITIS IS A COMMON CONDITION THAT CAUSES PAIN AND INFLAMMATION IN A JOINT.

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