

**MULTIPLE CHOICE
QUESTION PAPER**

Paper number APNU3.02 Please insert this reference number in the appropriate boxes on your candidate answer sheet	Time allocation 45 minutes
Title MOCK PAPER Level 3 Applying the Principles of Nutrition to a Physical Activity Programme Unit Reference Number L/600/9054	
Special Instructions This theory paper comprises questions that are indicative of the Level 3 Applying the Principles of Nutrition to a Physical Activity Programme unit. All questions are multiple-choice. Answers should be recorded as either a, b, c or d. This theory paper has 30 marks (each question is worth 1 mark). A minimum total of 21 marks (70%) is required in order to pass. Important: Please do not write on this paper. Note: You may use a calculator for this assessment.	

Q1

The large intestine includes the

- a. pancreas
- b. colon
- c. oesophagus
- d. stomach

Q2

What aids the digestion of fats in the small intestine?

- a. Protease enzymes
- b. Chyme
- c. Bile
- d. Amylase enzymes

Q3

According to UK healthy eating guidelines a healthy body weight can be achieved by following a diet that

- a. contains a wide variety of foods in the right proportions
- b. eliminates fatty and sugary foods
- c. restricts calories and alcohol consumption
- d. includes a set number of portions from each food group

Q4

A rich source of omega-3 fats can be obtained from

- a. dark chocolate
- b. beef
- c. mackerel
- d. cheese

Q5

Which vitamin helps to release energy from food?

- a. C
- b. K
- c. D
- d. B

Q6

The main role of protein in the diet is to

- a. provide energy for all body functions
- b. assist with growth and repair of the body
- c. ensure efficient gut functioning
- d. help the body to absorb vitamins

Q7

Which of the following foods would provide a good source of fibre?

- a. Meat
- b. Eggs
- c. Milk
- d. Vegetables

Q8

1g of fat provides how many kcals?

- a. 4
- b. 5
- c. 7
- d. 9

Q9

Fat should provide approximately what percentage of daily energy intake?

- a. 11
- b. 15
- c. 35
- d. 50

Q10

The glycaemic index is defined as

- a. the rate at which carbohydrate is released into the blood
- b. the rate at which carbohydrate is converted into energy
- c. the rate at which insulin is produced
- d. the proportion of simple carbohydrate in food

Q11

If 100g of a food provides 15g of fat and 301kcal, what is the percentage (expressed as the nearest whole number) of energy from fat in this product?

- a. 39
- b. 45
- c. 52
- d. 62

Q12

Which of the following cooking methods is the healthiest?

- a. Roasting in the oven
- b. Stir frying with oil
- c. Steaming for a minimum amount of time
- d. Boiling until soft

Q13

In healthy adults total cholesterol levels should be

- a. 1mmols/l or less
- b. 4mmols/l or less
- c. 5mmols/l or less
- d. 6mmols/l or less

Q14

Which of the following statements is true with regard to professionals who are qualified to provide nutritional advice?

- a. The title 'dietitian' can only be used by professionals who have registered with the Health Care Professions Council
- b. Personal trainers can advise clients about any area of nutrition that they are familiar with
- c. Registered nutritionists are not a recognised professional in the NHS
- d. To provide nutritional advice exercise professionals must belong to REPs

Q15

What percentage of total energy should carbohydrate provide in a healthy diet?

- a. 30
- b. 40
- c. 50
- d. 60

Q16

A diet which follows the UK healthy eating guidelines ‘Eat Well Plate’ should include, specifically

- a. a small amount of starchy foods
- b. a small amount of non-dairy sources of protein
- c. some fruit and vegetables
- d. some milk and dairy foods

Q17

The proportion of fruit and vegetables in the ‘Eat Well Plate’ is equal to that of

- a. meat, fish and beans
- b. starchy foods
- c. milk and dairy products
- d. foods high in fat and/or sugar

Q18

Which of the following would provide the most reliable source of nutritional information?

- a. A BBC food magazine article
- b. Wikipedia
- c. Food manufacturer claims
- d. British Dietetic Association (BDA) food fact sheets

Q19

Which statement below would be classed as an unsubstantiated marketing claim of a supplier?

- a. You will lose 5lbs per week with this product
- b. This product counts as 1 of your 5-a-day
- c. This product meets the recommended daily allowance (RDA) for vitamin C
- d. This product has a low glycaemic index (GI)

Q20

What should you suggest to a client with disordered eating who kept trying extreme fad diets in order to lose weight?

- a. To consult their doctor who can refer them to a dietitian
- b. To try a diet that has worked for other clients
- c. To take supplements to ensure they obtain a good supply of vitamin and minerals
- d. To allow you in your role as a personal trainer to carry out a detailed analysis of their diet

Q21

Which of the following is a common side-effect of a low carbohydrate diet?

- a. Infrequent urination
- b. Drowsiness
- c. Bad breath
- d. Hyperglycaemia

Q22

A waist circumference greater than 88cm (about 34.5 inches) in females presents a high risk of developing

- a. type 1 diabetes
- b. coronary heart disease
- c. osteoporosis
- d. asthma

Q23

Which of the following clients is most likely to be at risk of nutritional deficiencies?

- a. A client with a BMI of 26
- b. A pregnant client with a normal BMI
- c. An older adult with a normal BMI
- d. A client with a BMI of 14

Q24

What meat do Muslims refrain from eating?

- a. Pork
- b. Beef
- c. Lamb
- d. Chicken

Q25

Which of the following statements about supplementation is true?

- a. There is no evidence that excess levels of protein taken over a long time can cause health problems
- b. Adults should avoid consuming more than twice the recommended daily intake of protein
- c. There is no evidence linking high-dose dietary supplementation of certain vitamins to cancer
- d. All adults should take a daily multivitamin tablet to ensure optimum levels

Q26

Which of the following statements is true in relation to fuel use during exercise?

- a. Low intensity, short duration, aerobic exercise utilises a higher proportion of fat compared to carbohydrate
- b. High intensity, short duration, aerobic exercise utilises a higher proportion of carbohydrate compared to fat
- c. Short duration, anaerobic exercise utilises a higher proportion of protein than carbohydrate
- d. Short duration, anaerobic exercise utilises a higher proportion of fat than carbohydrate

Q27

Which of the following statements about the energy balance equation is true?

- a. If the total energy consumed is less than the total energy expended this will result in no change in weight
- b. If the total energy consumed is equal to the total energy expended this will result in weight loss
- c. If the total energy consumed is less than the total energy expended this will result in weight loss
- d. If the total energy consumed is equal to the total energy expended this will result in weight gain

Schofield Calculation

Men

$$10 - 17 \text{ years BMR} = 17.7 \times W + 657$$

$$18 - 29 \text{ years BMR} = 15.1 \times W + 692$$

$$30 - 59 \text{ years BMR} = 11.5 \times W + 873$$

Women

$$10 - 17 \text{ years BMR} = 13.4 \times W + 692$$

$$18 - 29 \text{ years BMR} = 14.8 \times W + 487$$

$$30 - 59 \text{ years BMR} = 8.3 \times W + 846$$

Key

W = Body weight in kilograms

Physical Activity Factor:

BMR x 1.4 inactive men and women

BMR x 1.6 moderately active women

BMR x 1.7 moderately active men

BMR x 1.8 very active women

BMR x 1.9 very active men

Q28

Using the Schofield formula, what is the estimated BMR (basal metabolic rate), in kcals, of a female aged 36 and weighing 78kg?

- a. 1453
- b. 1463
- c. 1483
- d. 1493

Q29

If BMR (basal metabolic rate) is 1600 kcals and a female is sedentary, what is her estimated total energy requirement per day in kcals?

- a. 2140
- b. 2240
- c. 2340
- d. 2440

Q30

According to Manore and Thompson (2002) which of the following activities would result in a 65Kg individual expending the most energy per minute?

- a. Brisk walking
- b. High intensity indoor stationary cycling
- c. Power lifting
- d. High intensity aerobics