

# GCSE Food Preparation and Nutrition Core Questions

## Set 2 Diet and good health

	Questions	Answers
1.	What does RI stand for?	Recommended Intake: of nutrition on labels.
2.	What does EAR stand for?	Estimated Average Requirements of nutrition.
3.	What is BMI?	Basic Metabolic Index: measured by age, weight and height. 19-24 healthy range.
4.	What is malnutrition?	Enough food in diet but not enough nutrients.
5.	What is undernutrition?	Not enough food to get the nutrients.
6.	What is coeliac disease?	Intolerance to gluten.
7.	What is lactose intolerance?	Intolerance to milk and milk products
8.	What is diabetes type 1?	Body makes little or no insulin. Common in young children and teenagers. Must take insulin daily.
9.	What is diabetes type 2?	Body makes little or is resistant to insulin. Glucose stays in body and not used for fuel for energy so weight gain.
10.	What is the difference between intolerance and an allergy?	Intolerance is a reaction from the gut; an allergy is a reaction from the immune system and can be fatal.
11.	What does BMR stand for and what is it?	Basic Metabolic Rate: the number of kilojoules/kilocalories which the body uses to stay alive a day.
12.	What does PAL stand for and what is it?	Physical Activity Level: the number of kilojoules/kilocalories which the body uses to fuel physical activity.
13.	BMR multiplied by PAL equals ....?	Daily energy requirement (kcal.)
14.	What diet is required for someone suffering from cardiovascular disease?	-Lower saturated fats; instead have oily fish, nuts, seeds, olive oil. -High fibre. -At least 5 fruit & vegetables a day. -Maximum of 6g salt a day.
15.	What diet is required for someone suffering with diabetes?	-Regular meals. -Include healthy starch .carbohydrates (NSP) wholegrains. -Lower saturated fats. -Lower sugars. -Lower salt.
16.	What are the 8 government guidelines for healthy eating?	1. Base your meals on starchy foods. 2. Eat lots of fruit & vegetables. 3. Eat more fish. 4. Cut down on saturated fats. 5. Eat less salt. 6. Drink plenty of water. 7. Eat breakfast. 8. Get active.
17.	What is a balanced diet?	A diet with a variety of foods, following the Eatwell guide to get a good balance of nutrients.

# GCSE Food Preparation and Nutrition Core Questions

## Set 2 Diet and good health

18.	What is anaemia and what diet is required for someone suffering from anaemia?	Iron deficiency, iron rich foods: -Dark green leafy vegetables -Brown rice -Pulses, beans - & seeds -Meat, fish & tofu -Eggs -Dried fruit: apricots, prunes & raisins
19.	What is the energy in food measured by?	Kilocalories/kilojoules.
20.	What does a vegetarian not eat?	Meat & fish.
21.	What do lacto vegetarians not eat?	Meat, fish & eggs.
22.	What do ovo vegetarians not eat?	Meat, fish or dairy products.
23.	What do vegans not eat?	Any foods from animals or animal products.
24.	What are the reasons for following a vegetarian diet?	- Ethical beliefs. -Religious beliefs. -Medical & health reasons. -Cost factor. -Family influences. -Dislike of texture. -Environmental concerns.
25.	What are the Reference Intakes for an average adult?	Energy – 8400kJ/2000kcal Fat – 70g Saturates – 20g Carbohydrates – 260g Sugars – 90g Protein – 50g Salt – 6g
26.	At what age are babies weaned off milk and start having soft foods?	Around 6 months old.
27.	What foods should a baby, from 9 months old, be eating in soft, small portions?	Fruit, vegetables, chicken, fish, dairy foods, pasta, rice and bread.
28.	What foods should a baby, from 9 months old, NOT be eating?	Nuts, fried food, salt and added sugar.
29.	Children grow quickly and are active, what nutrients should be in their balanced diet and why?	-Protein- for growth & repair. - Carbohydrates – for energy & fibre. -Fats – in small amounts for energy & essential vitamins (A,D,E,K). -Calcium & Vitamin D – for bone & teeth development.
30.	Teenagers have rapid growth spurts, what nutrients should be in their balanced diet and why?	- Protein – for growth & repairs (boys need more than girls). - Iron & Vit. C- Vit. C helps absorb iron into body (important for girls menstruation.) -Calcium & Vit. D- to help skeleton develop properly.
31.	Teenage boys and men need more calories than teenage girls and women. True/False	True.
32.	Pregnant women can apply additions to their balanced diet during pregnancy and lactation. What additions should the balanced diet include?	-Starchy, fibre-rich foods-wholegrains. -Vitamin D- absorbs calcium-sunlight, oily fish. -Folic acid (folate Vit.B9)-reduce the risk of spina bifida-green vegetables, bread. -Calcium & vitamin C. -Iron. -Protein.

## GCSE Food Preparation and Nutrition Core Questions

### Set 2 Diet and good health

33.	Expectant mothers should avoid foods that may contain salmonella. What are these foods?	<ul style="list-style-type: none"> <li>- Uncooked meats.</li> <li>-Uncooked vegetables.</li> <li>-Unpasteurised milk, cheese, yoghurts.</li> </ul>
34.	Expectant mothers should avoid foods that may contain listeria. What are these foods?	<ul style="list-style-type: none"> <li>-Raw &amp; lightly cooked meat &amp; poultry.</li> <li>- Raw eggs and products eg. homemade mayonnaise.</li> <li>-Soft and blue veined cheeses.</li> <li>-Pates made from livers as high amount of vitamin A.</li> </ul>
35.	What are the health problems of obesity?	<ul style="list-style-type: none"> <li>-High blood pressure and high cholesterol which increases the chance of cardiovascular disease.</li> <li>-Greater risk of diabetes type 2.</li> <li>-Liver disease.</li> <li>-Breathing difficulties.</li> <li>-Tiredness.</li> <li>-Low self esteem.</li> </ul>
36.	What diet do people in early to middle adulthood need to maintain?	-a balanced and varied diet with a good level of activity.
37.	What diet do people in late adulthood need to maintain?	<ul style="list-style-type: none"> <li>-reduce energy intake.</li> <li>-muscle is replaced with fat so need to keep active and eat less fatty foods.</li> <li>-ensure enough, calcium &amp; vitamin D for bone health.</li> <li>-Vitamin B12 for healthy brain function and memory.</li> <li>-Fibre for healthy gut &amp; bowels.</li> <li>-Vitamin A for keeping good eyesight.</li> </ul>
38.	What is the diet followed by Buddhists?	Strict vegetarians, in some countries vegans. As they believe they should not be responsible for the death of any living organism.
39.	What is the diet followed by Jews?	<ul style="list-style-type: none"> <li>-Food must be Kosher. Animals with a split hoof and chew cud are acceptable eg.cows, goats &amp; sheep.</li> <li>Not horses or pigs.</li> <li>-Meat must not be cooked or eaten with dairy products.</li> <li>Separate utensils and cooking surfaces are used for meat &amp; dairy.</li> <li>-Pork, birds of prey, eels &amp; fish without scales are forbidden.</li> </ul>
40.	What is the diet followed by Christians?	<ul style="list-style-type: none"> <li>-Some denominations eat fish on Fridays.</li> <li>- Lent, Ash Wednesday &amp; Good Friday meat is not allowed.</li> <li>-Fasting from solid foods on Ash Wednesday &amp; Good Friday in strict Catholic religions.</li> </ul>
41.	What is the diet followed by Muslims?	<ul style="list-style-type: none"> <li>-Meat must be Halal, which means animals are killed according to Muslim law.</li> <li>-Pork, fish without scales, shellfish and alcohol are forbidden.</li> </ul>
42.	What is the diet followed by Rastafarians?	<ul style="list-style-type: none"> <li>- They will only eat Ital foods, which are natural, free from artificial colours, flavourings or preservatives.</li> <li>-Many are vegetarians or vegans.</li> <li>-They avoid coffee &amp; caffeinated drinks as seen to confuse the soul.</li> </ul>
43.	What is the diet followed by Sikhs?	-Meat and alcohol are forbidden.

GCSE Food Preparation and Nutrition Core Questions  
Set 2 Diet and good health

Data is taken from the *Department of Health, Dietary Reference Values for Food Energy and Nutrients for the United Kingdom, HMSO, 1991*

## APPENDIX 1

### Reference nutrient intake per person per day

Children		Males						Females						Pregnant females
Age:		Under 1	1 to 3	4 to 6	7 to 10	11 to 14	15 to 18	19 to 50	50+	11 to 14	15 to 18	19 to 50	50+	16 to 50
Energy <sup>(a)</sup>	kcal	721	1197	1630	1855	2220	2755	2550	2340	1845	2110	1940	1877	2140
Protein	g	13.5	14.5	19.7	28.3	42.1	55.2	55.5	53.3	41.2	45.0	45.0	46.5	51.0
Calcium	mg	525	350	450	550	1000	1000	700	700	800	800	700	700	700
Iron	mg	5.4	6.9	6.1	8.7	11.3	11.3	8.7	8.7	14.8	14.8	14.8	8.7	14.8
Sodium <sup>(b)</sup>	g	0.3	0.5	0.7	1.2	1.6	1.6	1.6	1.6	1.6	1.6	1.6	1.6	1.6
Vitamin A	µg	350	400	500	500	600	700	700	700	600	600	600	600	700
Vitamin B1 (Thiamin)	mg	0.2	0.5	0.7	0.7	0.9	1.1	1.0	0.9	0.7	0.8	0.8	0.8	0.9
B2 (Riboflavin)	mg	0.4	0.6	0.8	1.0	1.2	1.3	1.3	1.3	1.1	1.1	1.1	1.1	1.4
B3 (Niacin (Nicotinic acid))	mg	4	8	11	12	15	18	17	16	12	14	13	12	13
B6 (Pyridoxine)	mg	0.3	0.7	0.9	1.0	1.2	1.5	1.4	1.4	1.0	1.2	1.2	1.2	1.2
B9 (Folic acid/Folate)	µg	50	70	100	150	200	200	200	200	200	200	200	200	300
B12 (Cobalamin)	µg	0.3	0.5	0.8	1.0	1.2	1.5	1.5	1.5	1.2	1.5	1.5	1.5	1.5
Vitamin C	mg	25	30	30	30	35	40	40	40	35	40	40	40	50

(a) Estimated Average Requirement

(b) The RNI for sodium is the amount that is sufficient for 97 per cent of the population. In May 2003 the Scientific Advisory Committee on Nutrition made recommendations about the maximum amount of salt that people should be eating, i.e. that the average salt intake for adults should be no more than 6 grams per day, equivalent to 2.4 grams of sodium per day.