

# Chapter 7

## Human nutrition

### 7.1 Diet

01. 0610\_m22\_qp\_22 Q: 13

Which condition can be caused by a lack of fibre in the diet?

- A constipation
  - B obesity
  - C scurvy
  - D starvation
- 

02. 0610\_w21\_qp\_21 Q: 13

Which food is the best source of vitamin C?

- A bread
  - B meat
  - C milk
  - D oranges
- 

03. 0610\_m20\_qp\_22 Q: 14

The list shows some human health problems.

- 1 chronic obstructive pulmonary disease
- 2 constipation
- 3 coronary heart disease
- 4 obesity

Which problems can be caused by malnutrition?

- A** 1, 2 and 3    **B** 1 and 3 only    **C** 2, 3 and 4    **D** 2 and 4 only
-

04. 0610\_s20\_qp\_23 Q: 13

The table shows the percentage of the daily recommended intake of nutrients in a serving of four foods.

Which food would be the best choice to prevent scurvy?

	percentage of daily recommended intake in a serving of food			
	calcium	iron	vitamin C	vitamin D
<b>A</b>	71	1	0	6
<b>B</b>	24	11	2	73
<b>C</b>	3	3	72	0
<b>D</b>	1	72	1	0

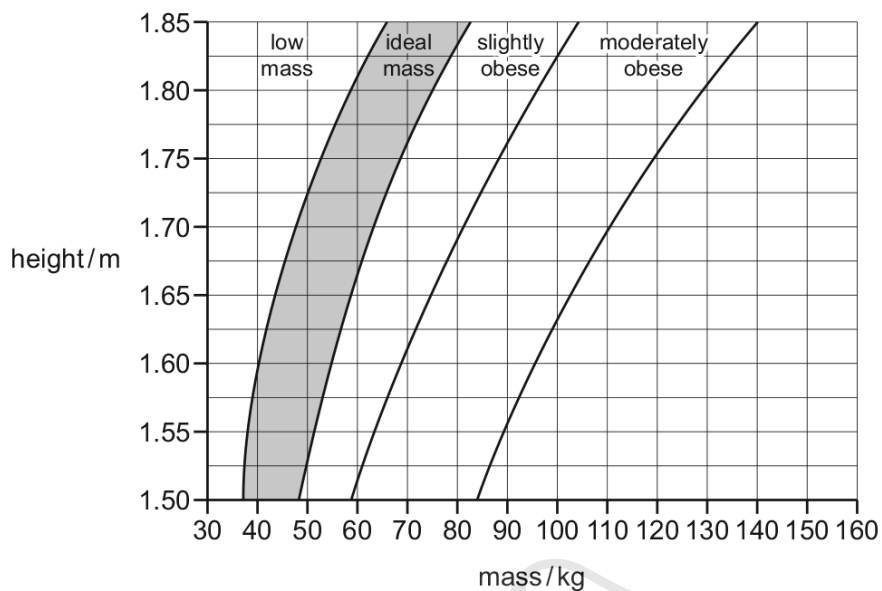


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7.1. DIET

05.0610\_s19\_qp\_21 Q: 13

The chart is used to find a person's recommended mass.



For the data provided about body mass and height, which person would benefit most from the introduction of a calorie-controlled diet and regular exercise?

	body mass / kg	height / m
<b>A</b>	40	1.55
<b>B</b>	50	1.75
<b>C</b>	70	1.80
<b>D</b>	90	1.75

06. 0610\_s19\_qp\_22 Q: 13

The food label is from a packet of cereal.

The label can help someone who is concerned about their diet.

<b>Nutrition</b>	
Typical values	100 g contains
Energy	985 kJ 235 kcal
Fat	1.5 g
of which saturates	0.3 g
Carbohydrate	45.5 g
of which sugars	3.8 g
Fibre	2.8 g
Protein	7.7 g
Salt	0.5 g

A person eats 45 g of cereal.

One of the food types listed in the label can help prevent constipation.

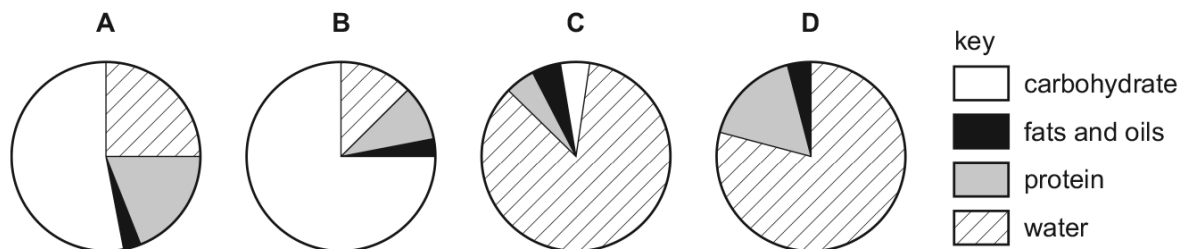
How many grams of this food type does the person eat?

- A 1.3g      B 2.8g      C 3.5g      D 7.7g

07. 0610\_w19\_qp\_21 Q: 12

The pie charts show the composition of 100 g of four different foods.

Which food provides the most energy?



7.1. DIET

08. 0610\_s18\_qp\_21 Q: 12

What is the best source of vitamin C in a balanced diet?

- A fish
  - B fruit
  - C meat
  - D rice
- 

09. 0610\_s18\_qp\_21 Q: 13

A young, active woman requires more of which constituent in her diet than a young, active man?

- A fat
  - B iron
  - C protein
  - D vitamin C
- 

10. 0610\_s18\_qp\_21 Q: 14

Which condition could be caused by a lack of iron?

- A anaemia
  - B cholera
  - C scurvy
  - D diabetes
- 

11. 0610\_s18\_qp\_23 Q: 12

A lack of which dietary component can result in constipation?

- A fat
  - B fibre (roughage)
  - C carbohydrate
  - D protein
-

12. 0610\_s18\_qp\_23 Q: 13

A woman requires more calcium in her diet when she is pregnant.

Which statement explains why?

- A bone growth in the fetus
  - B muscle growth in the fetus
  - C production of haemoglobin in the fetus
  - D to provide energy for the fetus
- 

13. 0610\_w18\_qp\_21 Q: 13

What is the result of a diet lacking iron?

- A bleeding gums
  - B poor wound healing
  - C reduced number of red blood cells
  - D weak bones and teeth
- 

14. 0610\_m17\_qp\_22 Q: 12

Which nutrient is deficient in the diet of a child with kwashiorkor?

- A calcium
  - B iron
  - C protein
  - D vitamin D
- 

15. 0610\_s17\_qp\_21 Q: 11

The following symptoms can be caused by a dietary deficiency:

- bone pain
- dental problems
- fragile bones
- skeletal deformities

A lack of which nutrient is most likely to cause these symptoms?

- A iron
  - B protein
  - C vitamin C
  - D vitamin D
-

7.1. DIET

16. 0610\_s17\_qp\_22 Q: 11

Which disease is caused by a deficiency of iron in the diet?

- A anaemia
  - B kwashiorkor
  - C marasmus
  - D rickets
- 

17. 0610\_w17\_qp\_21 Q: 12

What must be increased in the diet of a person suffering from constipation?

- A fats
  - B fibre
  - C iron
  - D protein
- 

18. 0610\_w16\_qp\_22 Q: 12

What is the main cause of kwashiorkor?

	insufficient energy	insufficient protein
A	✓	✓
B	✓	x
C	x	✓
D	x	x

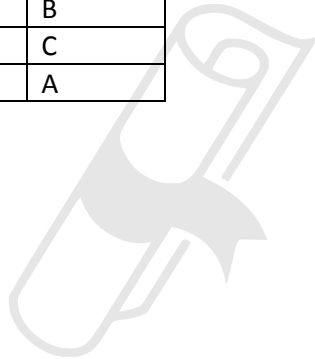
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19. 0610\_w16\_qp\_23 Q: 12

Which disease do children suffer from if they do not get enough iron from their diet?

- A anaemia
  - B kwashiorkor
  - C marasmus
  - D rickets
-

SN	Paper	Q. No.	Answer
01	0610_m22_qp_22	13	A
02	0610_w21_qp_21	13	D
03	0610_m20_qp_22	14	C
04	0610_s20_qp_23	13	C
05	0610_s19_qp_21	13	D
06	0610_s19_qp_22	13	A
07	0610_w19_qp_21	12	B
08	0610_s18_qp_21	12	B
09	0610_s18_qp_21	13	B
10	0610_s18_qp_21	14	A
11	0610_s18_qp_23	12	B
12	0610_s18_qp_23	13	A
13	0610_w18_qp_21	13	C
14	0610_m17_qp_22	12	C
15	0610_s17_qp_21	11	D
16	0610_s17_qp_22	11	A
17	0610_w17_qp_21	12	B
18	0610_w16_qp_22	12	C
19	0610_w16_qp_23	12	A



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