

## Level 3 Award in Nutrition for Health

### IMPORTANT READ THE FOLLOWING INSTRUCTIONS CAREFULLY:

1. This paper must be left on your desk at the end of the examination.
2. You should enter your answers on the accompanying answer sheet.  
Each question has only ONE correct answer.
3. You are allowed **2 hours** to complete the examination.
4. This exam paper consists of **40** questions.
5. You should answer all of the questions.
6. A 3-day food diary is given at the back of the exam paper. Please use the diary to answer questions **21-24**.
7. The Pass mark for this paper is **26/40**.

### Specimen Paper

- 1 Healthy eating messages are more successful if they:**
  - A. Are targeted at younger people
  - B. Use media which are familiar to the target group
  - C. Use posters with numerical data
  - D. Give scientific explanations to support the message
  
- 2 Which one of the following is LEAST likely to influence how a healthy eating message should be delivered?**
  - A. Audiences with English as a second language
  - B. Audience age
  - C. IT literacy level of an audience
  - D. Audience health status
  
- 3 Which one of the following would be the LEAST likely to be successful in communicating healthy eating messages to teenage children?**
  - A. A whole school approach, including lessons about healthy eating, healthy options at lunch and break times and posters around the school.
  - B. A marketing campaign on social media
  - C. Leaflets distributed in supermarkets suggesting healthy snack alternatives
  - D. TV and radio advertising campaigns suggesting sugar swaps
  
- 4 Communities who have English as a second language are MORE likely to engage with healthy eating messages if they:**
  - A. Include foods with which they are culturally familiar
  - B. Include statistics and scientific data
  - C. Appear in popular magazines
  - D. Use social media
  
- 5 Radio advertising is likely to be successful in delivering healthy eating messages if:**
  - A. It is aired regularly throughout the day's broadcast
  - B. It is aired at breakfast and evening meal times
  - C. It focuses on the cost to the NHS of food related illness
  - D. It uses a variety of voices with different accents
  
- 6 Which of the following is likely to be the MOST effective way to engage Primary school children with healthy eating guidance?**
  - A. Posters on classroom walls with information about fruit and vegetables
  - B. Practical sessions making healthy snacks
  - C. Worksheets with nutrition related activities
  - D. Leaflets to take home with ideas for sugar swaps
  
- 7 In a day-centre for elderly people, hints and tips for healthy food and drink would be MOST effectively communicated:**
  - A. In a leaflet with colourful images
  - B. In a magazine with lots of recipes
  - C. Face to face by a health professional
  - D. In 30 second adverts on TV
  
- 8 Which of the following is UNLIKELY to have contributed to the success of the Change4Life campaign?**
  - A. It partners with a variety of stakeholders to deliver messages
  - B. It uses TV, radio and online advertising strategies
  - C. It uses colourful and simple imagery
  - D. It was partly funded by the food industry

- 9 A particular strength of the 5 a day campaign to encourage consumption of more fruit and vegetables is:**
- A. Portion size is easily understood by everyone
  - B. The message is simple and applies to all members of the population
  - C. The logo is used on all food products that contribute at least one portion
  - D. The campaign has been delivered with little cost to the taxpayer
- 10 Which of the following would an adult group programme to encourage healthier food choices be LEAST likely to include?**
- A. Ideas for healthy packed lunches
  - B. Cooking sessions to communicate healthier cooking methods
  - C. Discussions to better understand food labelling
  - D. Measurement of individual BMI's
- 11 A 'trigger' that drives food choices is best defined as:**
- A. A situation or cue that causes us to choose to eat a particular food
  - B. A measure of how easily influenced an individual is in making food choices
  - C. A food habit that is impossible to adjust
  - D. A prompt that helps us choose healthier food
- 12 Examples of internal triggers include:**
- A. A feeling of hunger and a food advert on TV
  - B. Unhappy emotions and a feeling of hunger
  - C. A bowl of fruit and a feeling of stress
  - D. Friday night and a bottle of wine
- 13 An external trigger is one that:**
- A. Is unavoidable
  - B. Is prompted by the environment we are in
  - C. Always results in binge-eating
  - D. Involves emotion
- 14 Which of the following would NOT be an example of an external trigger?**
- A. A buy-one-get-one-free promotion
  - B. A stressful day at work
  - C. A night out with friends
  - D. A late-night take-away
- 15 It is good practice to always have a varied and plentiful fruit bowl in the house because:**
- A. It can improve your food choices when feeling stressed
  - B. It can save you money
  - C. It can provide a healthy alternative when you want to skip a meal
  - D. It's a good way to ensure your intake of vitamins A and D are sufficient
- 16 An internal trigger can often:**
- A. Make you over-emotional and less likely to binge-eat
  - B. Cause you to over-indulge in foods that are usually high in fat and sugar
  - C. Encourage you to eat foods that are lower in total fat content
  - D. Reduce your appetite
- 17 Hunger after exercising can drive unhealthy food choices in some people. Which of the following would be helpful to avoid this trigger?**
- A. Eat a snack of peanut butter on wholemeal bread before exercising to stave off the hunger
  - B. Prepare a small snack of cottage cheese and wholegrain crackers for after the workout
  - C. Tell yourself, the feeling of hunger will go away and its only psychological
  - D. Drink water instead and wait until your scheduled mealtime to eat

- 18 Which of the following strategies could be used to help avoid external triggers?**
- A. Always planning meals and having healthy snacks in the store-cupboard
  - B. Restricting the frequency of nights in watching a movie
  - C. Doing food shopping on-line as much as possible
  - D. Always look for special offers in supermarkets and discount stores
- 19 Which of the following would be an example of how to use food triggers in a positive way?**
- A. Keep cupboards stocked with rice cakes, oatcakes and crisps
  - B. Designing menus which include meal deals with fruit and vegetables rather than crisps and cakes
  - C. Always avoid alcohol when going out for an evening with friends
  - D. Only buying high fat and high sugar foods at weekends
- 20 Which of the following is NOT an example of how food triggers can be used in a positive way by supermarkets?**
- A. Replacing displays of chocolate at till areas with fresh fruit
  - B. Promoting lower fat options rather than full fat
  - C. Using healthy recipes in leaflets
  - D. Displaying reduced fat crisps in the alcohol aisle

**TO ANSWER Q21 TO Q24, PLEASE REFER TO THE 3 DAY FOOD DIARY AT THE BACK OF THIS EXAM PAPER.**

- 21 Reviewing the 3 DAY diary as a whole, which of the following would NOT be good advice to improve the overall nutritional profile of the diet?**
- A. Remove added sugar from tea, replace sweet snacks and puddings with fresh fruit with plain low fat yoghurt
  - B. Replace soft drinks with home-made smoothies and replace cakes and puddings with muesli bars and fresh fruit
  - C. Ensure 5 portions of fruit and vegetables are included each day
  - D. Remove skin from chicken, measure oil and drain fat from minced beef during cooking
- 22 Reviewing DAY 2, which of the following changes would you judge to have the LEAST nutritional impact?**
- A. Adding a portion of salad (lettuce, cucumber and tomato) to lunch and to evening meal
  - B. Ensuring oil is unsaturated and measured out; skin is removed from chicken; butter is swapped for low fat spread
  - C. Removing added sugar from tea, replacing desserts and sweet snacks with fresh fruit with plain low fat yoghurt
  - D. Adding 2 portions of vegetables with lunch and 2 portions of vegetables with evening meal; ensuring breakfast cereal is wholegrain and unsweetened
- 23 Reviewing the 3 DAY diary as a whole, what would you judge to be the key problems with the nutritional profile of the diet?**
- A. Too low in saturated fat, fibre (NSP) and vitamin C
  - B. Too high in sugar, too low in fibre (NSP) and vitamin C
  - C. Too low in protein, too high in saturated fat and vitamin A
  - D. Too high in sugar and too low in salt and fibre (NSP)
- 24 Reviewing DAY 3 ONLY, which of the following is TRUE?**
- A. The diet is high in unsaturated fat
  - B. The diet is high in sugar
  - C. The diet is high in fibre (NSP)
  - D. The diet is high in calcium

- 25 Which of the following would NOT help an individual better comply with healthy eating guidelines in the Eatwell Guide?**
- A. Eating biscuits less often and in small amounts
  - B. Choosing unsaturated oils and using them in small amounts
  - C. Eating 1 portion of sustainably caught fish each week
  - D. Eating at least 5 portions of fruit and vegetables daily
- 26 According to the Family Food Survey of 2015, the average British diet contained 14% of its energy from saturated fat. This is:**
- A. In-line with recommendations
  - B. Above recommendations of 13%
  - C. Above recommendations of 11%
  - D. Below recommendation of 15%
- 27 A strategy to help reduce the amount of salt included in the diet would be:**
- A. To replace bacon with ham
  - B. To increase seasonings such as herbs, spices, garlic and onion
  - C. To increase bread consumption
  - D. To replace Cheddar cheese with softer cheeses such as feta and halloumi
- 28 Rinsing rice before cooking is a common practice in Indian cultures. This process:**
- A. Reduces fibre (NSP) content
  - B. Reduces B vitamins
  - C. Reduces protein content
  - D. Reduces vitamin E content
- 29 A female in her early 20s is MORE likely to choose:**
- A. A cooked breakfast containing eggs, bacon and black pudding
  - B. A lunch of tuna and sweetcorn sandwich and an apple
  - C. An evening meal of steak pie, gravy and chips
  - D. A mid-morning snack of a bag of crisps and a chocolate bar
- 30 Vegan and vegetarian diets are:**
- A. Followed by more women than men
  - B. Followed by more men than women
  - C. Followed by more people in rural areas than urban areas
  - D. Followed by more people over 55 years of age than under
- 31 Which of the following minerals are most important in maintaining bone health?**
- A. Calcium and iron
  - B. Magnesium and sodium
  - C. Potassium and iron
  - D. Calcium and phosphorus
- 32 To be suitable for an individual with type 2 diabetes, a menu should be:**
- A. Low fat and low sugar
  - B. Low sugar and low salt
  - C. Low fat and high fibre
  - D. Low salt and low fibre
- 33 Monounsaturated fatty acids:**
- A. Help prevent CVD
  - B. Have no effect on CVD
  - C. Raise blood pressure
  - D. Lower blood pressure

- 34 Prevention of constipation is important for residents in nursing homes. Which of the following would best prevent the condition?**
- A. Fluid and fibre (NSP)
  - B. Fluid and protein
  - C. Fibre (NSP) and minerals
  - D. Proteins and vitamins
- 35 To produce a nutrient-dense meal for an obese individual, which of the following would NOT be recommended?**
- A. Removing visible fat from meat and draining fat from minced beef during cooking
  - B. Incorporating pulses and additional vegetables into meat dishes where possible
  - C. Using zero fat yoghurt in sauces and dressings rather than cream
  - D. Pan frying fish rather than steaming it to add flavour
- 36 Which of the following ingredients would help you adapt a recipe for a cheesecake for an individual with cow's milk allergy?**
- A. Crème fraiche
  - B. Low fat Greek yoghurt
  - C. Quark
  - D. Tofu
- 37 Which of the following would reduce salt intake for a hypertensive individual?**
- A. Swap gravy granules with stock cubes and flour
  - B. Substitute dry-roasted ham for salami
  - C. Swap effervescent vitamin C tablets for non-effervescent types
  - D. Swap sliced bread for crumpets or bagels
- 38 When cooking vegetables, which of the following would NOT be good practice to retain maximum nutrient content?**
- A. Use cooking water from steaming or boiling in gravy or sauces
  - B. Prepare vegetables ahead of time and store in water until required
  - C. Keeping the skin on root vegetables such as carrots
  - D. Cut vegetables into larger pieces rather than small
- 39 Which of the following cooking methods for potatoes would retain the most vitamin C?**
- A. Boiling
  - B. Baking
  - C. Roasting
  - D. Steaming
- 40 Which of the following steps would NOT help maximise vitamin content when microwaving broccoli?**
- A. Using only a small amount of water
  - B. Microwaving for as short a time as possible
  - C. Cutting into small pieces to reduce cooking time
  - D. Using the freshest vegetables possible

**END OF PAPER**

THE FOLLOWING FOOD DIARY IS REQUIRED TO ANSWER QUESTIONS 21-24

### 3 DAY FOOD DIARY

	Day 1	Day 2	Day 3
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• A bowl of Rice Krispies with full fat milk and 2 teaspoons of sugar</li> <li>• Glass of Sunny Delight</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices of toast with butter with 1 fried egg &amp; ketchup</li> <li>• 1 glass orange juice</li> <li>• Tea with 2 sugars</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices of toast with butter and jam</li> <li>• Tea with 2 sugars</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• 2 x Cheddar cheese &amp; mayo sandwiches</li> <li>• 1 x packet crisps</li> <li>• 1 x fruit yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken sandwich (made with 2 slices bread, butter, chicken with skin on)</li> <li>• 1 packet of low fat crisps</li> <li>• Can of coke</li> </ul>	<ul style="list-style-type: none"> <li>• Bacon sandwich</li> <li>• ½ tin tomato soup</li> </ul>
<b>Evening Meal</b>	<ul style="list-style-type: none"> <li>• Chicken curry with skin on</li> <li>• Oil not measured</li> <li>• Dhal</li> <li>• Fried rice</li> <li>• Apple crumble and ice cream</li> </ul>	<ul style="list-style-type: none"> <li>• Chilli con Carne with regular mince; packet mix chilli and oil not measured. Served with rice, sour cream &amp; cheese</li> <li>• Chocolate mousse</li> <li>• Orange squash</li> </ul>	<ul style="list-style-type: none"> <li>• Fish &amp; chips</li> <li>• Pint of lager</li> </ul>
<b>Other snacks</b>	<ul style="list-style-type: none"> <li>• 2 x custard creams</li> <li>• Chocolate muffin</li> <li>• Shop bought milkshake</li> <li>• Bag of salted peanuts</li> </ul>	<ul style="list-style-type: none"> <li>• 2 bhajis</li> <li>• 3 cream crackers &amp; cheese</li> <li>• Handful salted nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Packet of mints</li> <li>• 1 small chocolate bar</li> <li>• 1 slice cake</li> </ul>
<b>Physical Activity</b>	<ul style="list-style-type: none"> <li>• 5 minute walk to the local shops</li> </ul>	<ul style="list-style-type: none"> <li>• 20 mins hoovering</li> </ul>	<ul style="list-style-type: none"> <li>• Approx 20 minutes walking around the shops</li> </ul>