



# **Applying the Principles of Nutrition to a Physical Activity Programme**

**Level 3**

**L/600/9054**

**Mock Paper**

**There are 25 questions within this paper**

**To achieve a pass you will need to score 18 out of 25 marks**

All questions are multiple choice and there is only one correct answer

Please use a pen to mark the answer sheet provided

You may use blank sheets of paper if required

Please DO NOT write on this paper

To mark your answer, place a cross in your chosen box on the answer sheet

If you make a mistake, shade in the incorrect box completely and re-mark your new answer with a cross

**Time Allowed - 60 minutes**

For each of the following questions choose one correct answer from A to D

**Q1. During digestion the stomach:**

- A Absorbs carbohydrates into the blood
- B Releases hydrochloric acid to kill bacteria
- C Releases insulin and glucagon
- D Absorbs vitamins B and K

**Q2. Healthy eating is best defined as a way of eating that:**

- A Promotes a low level of body fat
- B Promotes optimal systemic function in the body
- C Promotes muscle growth
- D Promotes a faster metabolism

**Q3. Carbohydrate foods are beneficial in the diet because:**

- A They provide a valuable source of energy
- B They are the building blocks of the body
- C They strengthen the immune system
- D They are rich in vitamins A, D, E and K

**Q4. Oily fish are renowned as being rich in:**

- A Omega 1 fatty acids
- B Omega 3 fatty acids
- C Omega 6 fatty acids
- D Omega 9 fatty acids

**Q5. How many calories does a single gram of fat provide?**

- A 4 kcals
- B 7 kcals
- C 9 kcals
- D 11 kcals

For each of the following questions choose one correct answer from A to D

**Q6. Recommended Daily Intake (RDI) provides guidance for the nutrient levels needed to:**

- A Obtain optimal health
- B Prevent disease in the majority of the population
- C Reduce the risk of obesity and diabetes in the population
- D Maintain health in 50% of the population

**Q7. The term reduced or low fat is required by legal definition to be:**

- A Lower in fat than the original, but has no set value
- B At least 50% lower in fat than the original
- C At least 25% lower in fat than the original
- D At least 10% lower in fat than the original

**Q8. Excessive saturated fat in the diet has been implicated as a risk factor for:**

- A Heart disease
- B Eczema
- C Asthma
- D Arthritis

**Q9. The national food guide specifically informs us to cut down on which food categories?**

- A Starchy foods and caffeine
- B Monounsaturated fat and alcohol
- C Polyunsaturated fat and bread
- D Saturated fat and salt

**Q10. A portion of dairy is considered to be:**

- A 450g pot of yoghurt
- B 1 pint of milk
- C 4 tablespoons of cream
- D 1 small glass of milk

For each of the following questions choose one correct answer from A to D

**Q11. A registered dietician is NOT qualified to provide:**

- A Healthy clients with food and lifestyle advice
- B Healthy clients with food and specific supplement advice
- C Unhealthy clients with food advice and nutritional treatment
- D Unhealthy clients with medication and supplemental advice

**Q12. Diets that severely restrict calorie intake can:**

- A Promote healthy levels of dietary fat
- B Lower basal metabolic rate (BMR)
- C Assist long term weight management
- D Reduce the risk of disordered eating

**Q13. During calorie restriction the starvation response and drop in metabolic rate may be minimised by:**

- A Maintaining lean muscle tissue
- B Eating an afternoon snack
- C Refraining from too much exercise
- D Keeping well hydrated

**Q14. Which of the following categories of clientele is most likely to experience nutritional deficiency?**

- A Inactive middle aged women
- B Active young women
- C Pregnant women
- D Pre-menopausal women

**Q15. Vitamin and mineral supplements are:**

- A A complete solution for a nutrient deficient diet
- B Always extracted from natural sources
- C Commonly synthesised in a laboratory
- D Always of the highest quality

For each of the following questions choose one correct answer from A to D

- Q16. Fats are the dominant fuel for:**
- A Low intensity cardiovascular exercise
  - B Moderate intensity resistance exercise
  - C High intensity cardiovascular exercise
  - D High intensity resistance exercise
- Q17. Which of the following would be a 'dietary practice' that is followed by some cultural and religious traditions that would influence the nutritional advice given to a client?**
- A Dieting
  - B Skipping breakfast
  - C Fasting
  - D Increasing calories
- Q18. The energy balance equation states:**
- A  $\Delta E = E_{\text{up}} - E_{\text{down}}$
  - B  $\Delta E = E_{\text{in}} - E_{\text{down}}$
  - C  $\Delta E = E_{\text{up}} - E_{\text{out}}$
  - D  $\Delta E = E_{\text{in}} - E_{\text{out}}$
- Q19. An estimate of basal metabolic rate can be calculated using gender, height and which two other factors?**
- A Age and waist size
  - B Activity levels and waist size
  - C Weight and age
  - D Activity levels and weight
- Q20. Which of the following would NOT be a relevant factor when determining daily energy expenditure?**
- A Occupation
  - B Exercise habits
  - C Dietary intake
  - D Basal metabolic rate

For each of the following questions choose one correct answer from A to D

- Q21. Which types of foods are best to aid refuelling as part of a post exercise meal up to 15 minutes after activity?**
- A High glycaemic
  - B Low to moderate glycaemic
  - C High in protein
  - D High in fibre
- Q22. At what point is it best to obtain informed consent?**
- A Prior to completing a food diary
  - B Once an appointment is set
  - C Beginning an initial consultation
  - D After nutritional advice has been offered
- Q23. Which of the following information would be important to collect to provide effective nutritional advice?**
- A Fitness testing
  - B Lifestyle questionnaire
  - C Informed consent
  - D Family history
- Q24. Which of the following is a nationally accepted measure of health risk in relation to body composition?**
- A Waist circumference
  - B Underwater weighing
  - C Height
  - D Body fat skin folds
- Q25. To be compliant with the National Food Guide, how many portions of oily fish should a client be eating?**
- A 1 portion per day
  - B 2 portions per day
  - C 1 portion per week
  - D 2 portions per week