

# PiXL Independence

## Technology – Answer Booklet

### KS4

Food





**Contents:**

Answers

## I. Multiple Choice Questions

1. Which food is high in protein?
- Cabbage
  - Cheese**
  - Oranges
  - Cucumber

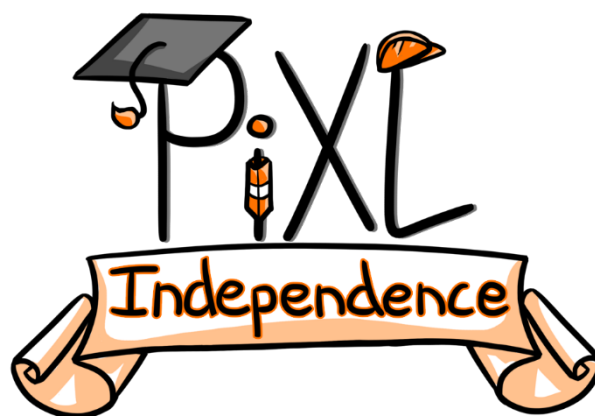
2. Which **one** of the pasties is the highest in dietary fibre?

			
<p><b>a.</b> Beef carrot and onion pasty with short crust pastry - made with lard and butter</p>	<p><b>b.</b> Cheese spinach potato pasty with puff pastry - made with margarine</p>	<p><b>c.</b> Chicken carrot and onion pasty with short crust pastry - made with lard, butter and wholemeal pastry</p>	<p><b>d.</b> Cheese spinach sweet potato pasty with puff pastry - made with lard and butter</p>

- Beef carrot and onion pasty
  - Cheese spinach potato pasty with margarine
  - Wholemeal chicken carrot and onion pasty**
  - Cheese spinach sweet potato pasty with lard & butter
3. Which **one** of the pasties is highest in iron?
- Beef carrot and onion pasty**
  - Cheese spinach potato pasty with margarine
  - Wholemeal chicken carrot and onion pasty
  - Cheese spinach potato pasty with lard & butter
4. Which **one** of the pasties contains the most saturated fat?
- Beef carrot and onion pasty**
  - Cheese spinach potato pasty with margarine
  - Wholemeal chicken carrot and onion pasty
  - Cheese spinach sweet potato pasty with lard & butter

5. Which one of the pasties is highest in vitamin A?
- Beef carrot and onion pasty
  - Cheese spinach potato pasty with margarine
  - Wholemeal chicken carrot and onion pasty
  - Cheese spinach sweet potato pasty with lard & butter**
6. Which **one** of the nutrients identified is not a macronutrient?
- Iron**
  - Protein
  - Fat
  - Carbohydrate
7. What is the function of protein in the body?
- Growth & repair
  - Secondary source of energy
  - Body maintenance
  - All the above**
8. High Biological Value (HBV) contain amino acids:
- In good supply
  - In limited supply
  - All the essential amino acids in good supply**
  - In poor supply
9. How is fat stored in the body?
- In the blood
  - In adipose tissue**
  - In muscle
  - In the organs
10. There are 2 types of carbohydrates. What are they?
- Starch and salt
  - Sugars and fat
  - Starch and sugars**
  - Starch and fat
11. Which group of the following are all types of monosaccharides?
- Glucose, lactose, fructose
  - Glucose, maltose, fructose
  - Glucose, gluten, fructose
  - Glucose, galactose, fructose**
12. Which group of the following are all types of disaccharides?
- Sucrose, lactose, maltose**
  - Sucrose, maltose, fructose
  - Glucose, maltose, fructose
  - Glucose, galactose, lactose
13. Dietary fibre is also known as:
- Pectin
  - Non-starch polysaccharide (NSP)**
  - Lipid
  - Dextrin

14. Too much carbohydrate in the diet can cause:
- a. Stiff joints
  - b. Constipation
  - c. **Obesity**
  - d. Heart disease (CH)
15. How much of our daily energy requirement should be supplied by carbohydrates?
- a. 40%
  - b. **50%**
  - c. 66%
  - d. 75%
16. Vitamin B9 (folate) helps to prevent:
- a. Anaemia
  - b. Pellagra
  - c. **Spina bifida**
  - d. Scurvy
17. Vitamin (carotene & retinol) deficiency causes:
- a. Osteoporosis
  - b. **Night blindness**
  - c. Beri-Beri
  - d. Anaemia
18. Deficiency in iron leads to:
- a. **Anaemia**
  - b. Osteoporosis
  - c. high blood pressure
  - d. Scurvy
19. Fatty and oily food provide the body with:
- a. Iron
  - b. **Vitamin A, D, E, K**
  - c. Vitamin & group
  - d. Calcium
20. Eating too much saturated fat can lead to:
- a. Stiff joints
  - b. Constipation
  - c. Anaemia
  - d. **Coronary Heart disease (CH)**



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