• Quizzes

Carbohydrates

Basic

• What percentage of our diet should be carbohydrates?

A – 10%

B – 30%

C – 60%

D – 90%

• Which of these elements are found in all carbohydrates?

A – carbon and hydrogen

B – carbon, hydrogen and oxygen

C – carbon, hydrogen and nitrogen

D – nitrogen and oxygen

• Which sugar do we usually put in our tea and coffee?

A – glucose

B – fructose

C – sucrose

D – lactose

• Carbohydrates help us by providing

A – a quick release of energy

B – nutrients for cell growth

C – a slow release of energy

D – insulation for vital organs

Advanced

• Starchy foods provide a slower release of energy than sugars because

A – they contain more carbon atoms per molecule

B – they take longer to digest than sugars

C – they contain smaller molecules than sugars

D – they contain more oxygen atoms per molecule

• Which of these foods is NOT a rich source of carbohydrates?

A – rice

B – pasta

C – bread

D – grapes

• The digestion of carbohydrates takes place mainly in the

A – oesophagus

B – small intestine

C – large intestine

D – stomach

• Which of these statements is NOT true?

A – plant cell walls are made of a polymer of glucose

B – starch molecules are absorbed into the bloodstream during digestion

C – starch is broken down into glucose during digestion

D – milk contains a type of sugar

Fats

Basic

• Fats all contain

A – carbon and oxygen

B – carbon and hydrogen

C – carbon, hydrogen and oxygen

D – carbon, hydrogen and nitrogen

• What percentage of our diets should be fats?

A – 10%

B – 30%

C – 50%

D – 70%

• At room temperature, saturated fats are usually

A – solids

B – liquids

C – gases

D – solutions

•Within the chains of carbon atoms in their molecules, unsaturated fats have at least one

A – double bond

B – single bond

C – triple bond

D – ionic bond

Advanced

• Which of the following is NOT one of the roles for fats?

A – to store energy

B – to provide insulation

C – to build cell membranes

D – to transport oxygen

• Saturated fats have

A – only single bonds between carbon atoms

B – only double bonds between carbon atoms

C – both single bonds and double bonds between carbon atoms

D – neither single bonds nor double bonds between carbon atoms

• Which of these statements is NOT true?

A – unsaturated fats are usually liquids at room temperature

B – saturated fats can raise cholesterol levels and clog our arteries

C – fats and oils derived from vegetable sources and fish can help keep your body healthy

D – unsaturated fats usually have higher melting points than saturated fats

• Which of these statements is NOT true?

A – ideally, we should eat a completely fat-free diet

B – saturated fats are found in many meats and dairy products

C – fats dissolve and transport certain vitamins

D – sunflower oil, olive oil and fish are rich in unsaturated fats

Proteins

Basic

• What percentage of our diets should be proteins?

A – 10-15%

B – 30-35%

C – 50-55%

D – 70-75%

• Which of these foods is NOT a rich source of protein?

A – meat

B – fish

C – eggs

D – sugar

• Proteins all contain

A – carbon, nitrogen and oxygen

B – carbon, nitrogen and hydrogen

C – carbon, hydrogen, phosphorus and oxygen

D – carbon, hydrogen, oxygen and nitrogen

• The building blocks of proteins are called

A – amino acids

B – sugars

C – fats

D – carbohydrates

Advanced

• Which of the following is NOT one of the roles for proteins?

A – cell growth and repair

B – hormones

C – enzymes

D – thermal insulation

• During digestion, proteins are broken down into

A – fatty acids

B – glucose

C – starch

D – amino acids

• Which of these statements is NOT true?

A – enzymes are proteins

B – hair is made of protein

C – proteins can be a source of energy

D – our bodies can synthesise essential amino acids

• Which of these statements about protein digestion is NOT true?

A – protein digestion begins in the mouth

B – hydrochloric acid in the stomach breaks down proteins

C – enzymes called proteases break down proteins in the stomach and intestine

D – amino acids are absorbed into the bloodstream