# MULTIPLE CHOICE QUESTION PAPER

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## Title

**MOCK PAPER**  
**Level 3**  
**Applying the Principles of Nutrition to a Physical Activity Programme**  
**L/600/9054**

### Special Instructions

This theory paper comprises questions that are indicative of the Level 3 Applying the Principles of Nutrition to a Physical Activity Programme unit.

- All questions are multiple-choice.
- Answers should be recorded as either a, b, c or d.

This theory paper has 30 marks. A **minimum total of 21 marks overall (70%)** is required in order to pass.

**Important: Please do not write on this paper.**

**Note: You may use a calculator for this assessment.**
Q1
Which organ is the major site for absorption of nutrients in the digestive system? (1 mark)

a. Small intestine  
b. Stomach  
c. Large intestine  
d. Colon

Q2
Which of the following statements is an accurate definition of diet? (1 mark)

a. An eating routine which limits the intake of food and drink  
b. An eating pattern which determines when certain foods should be consumed  
c. The food and drink routinely consumed by an individual  
d. An eating habit which restricts individual food groups

Q3
According to the Eatwell Plate, which foods should be eaten in the smallest quantity? (1 mark)

a. Milk and dairy foods  
b. Fat and sugar  
c. Fruit and vegetables  
d. Bread, rice, potatoes, pasta

Q4
How many essential (primary) amino acids are there? (1 mark)

a. 8  
b. 12  
c. 16  
d. 20
Q5
Which of the following vitamins is fat soluble? (1 mark)
a. A  
b. B6  
c. B12  
d. C

Q6
1g of fat provides how many kcals of energy? (1 mark)
a. 4  
b. 5  
c. 7  
d. 9

Q7
Fill in the gap: (1 mark)

There are ________ kilocalories (kcal) in 1 gram of carbohydrate

a. 4  
b. 7  
c. 9  
d. 12

Q8
If 100g of a food provides 6g of fat and 95kcals, what is the percentage energy from fat in this product? (1 mark)
a. 37  
b. 47  
c. 57  
d. 67
Q9  
When cooking vegetables, water-soluble vitamins will be best retained by using which of the following cooking methods? (1 mark)

a. Slow cooking  
b. Boiling  
c. Cooking at a very high temperature  
d. Steaming

Q10  
Which hormone, influenced by the amount of fat we have in our fat cells, helps regulate metabolic rate and appetite? (1 mark)

a. Leptin  
b. Insulin  
c. Ghrelin  
d. Glucagon

Q11  
A client should be referred to a dietician if they (1 mark)

a. are training for a marathon and would like dietary advice  
b. would like to make changes to their diet to improve their health status  
c. require more complex dietary analysis  
d. would like advice on healthy food choices

Q12  
In a healthy diet, what is the recommended percentage of kilocalories (kcal) that should come from fats? (1 mark)

a. No more than 15%  
b. No more than 25%  
c. No more than 35%  
d. No more than 45%
Q13
Which of the following statements is true according to the ‘eatwell plate’? (1 mark)

a. Foods and drinks high in fat and/or sugar are not essential to a healthy diet
b. 25% of the daily amount of food should come from non-dairy sources of protein
c. Bread, rice potatoes and pasta are not essential to a healthy diet
d. 50% of the daily amount of food should come from starchy foods

Q14
Which one of the following statements about supplementation is true? (1 mark)

a. Excess vitamin E is excreted in the urine
b. Vitamin A can be toxic in high doses
c. All vitamin supplementation is safe
d. Excess vitamin C may cause cramps

Q15
The proportion of fruit and vegetables in the ‘eatwell plate’ is equal to that of (1 mark)

a. starchy foods
b. meat, fish and beans
c. foods high in fat and/or sugar
d. milk and dairy

Q16
How many portions of fruit and vegetables are recommended to be consumed per day? (1 mark)

a. At least 1
b. At least 3
c. At least 5
d. At least 7
Q17
Which of the following foods provides all the essential amino acids? (1 mark)

a. Fish
b. Nuts
c. Lentils
d. Beans

Q18
Which statement below is based on evidence? (1 mark)

a. 0.8g of protein per kg body weight is a sufficient daily amount for an inactive person
b. Protein can be consumed in unlimited amounts in the diet
c. Saturated fat should be eliminated from the diet
d. For health it is essential to consume a very low fat diet

Q19
What level of nutritional advice should a personal trainer be delivering to clients? (1 mark)

a. Recommendations in-line with healthy eating guidelines including for someone recovering from illness
b. Recommendations in-line with healthy eating guidelines including for someone recovering from illness and advice on supplements
c. Recommendations covering quantity and quality of foods in-line with healthy eating guidelines
d. Recommendations in-line with healthy eating guidelines including advice on supplements
Q20
What is a potential consequence of eating a diet containing fewer kilocalories than the BMR? (1 mark)

a. Increased energy levels
b. Increased loss of lean tissue
c. Increased metabolic rate
d. Increased hydration levels

Q21
A waist circumference of 90-109cm (35.5 - 43.0 inches) on females presents a high risk of developing (1 mark)

a. psoriasis
b. type 1 diabetes
c. osteoporosis
d. type 2 diabetes

Q22
Which of the following religious groups only consumes meat which is Halal? (1 mark)

a. Muslims
b. Hindus
c. Christians
d. Buddhists

Q23
To prevent loss of muscle tissue a very active individual requires a diet which is (1 Mark)

a. low fat
b. high fat
c. low carbohydrate
d. high carbohydrate
Q24
If BMR (basal metabolic rate) is 1975 kcals and a female is moderately active (activity factor 1.6), what is their total energy requirement per day in kcals? (1 mark)

a. 3060
b. 3160
c. 3260
d. 3360

Q25
Which statement is correct in relation to muscle glycogen stores? (1 mark)

a. Muscle glycogen stores can last for 24 hours without being topped up
b. When muscle glycogen becomes depleted it can be replenished by stores from other muscles
c. Muscle glycogen stores can last up to 12 hours without being topped up
d. Muscle glycogen stores are used exclusively by the muscle in which they are stored
Q26
Using the Schofield formula, what is the BMR (basal metabolic rate), in kcals, of a female aged 29 and weighing 68kg? (1 mark)

a. 1293  
b. 1493  
c. 1693  
d. 1893

Q27
Which of the following defines basal metabolic rate (BMR)? (1 mark)

a. An individual's basic requirement of energy at rest  
b. An individual's basic requirement of energy during exercise  
c. An individual's total body mass  
d. An individual's lean body mass
Q28
Which of the following activities will burn the most energy per minute (based on a 65Kg individual)? (1 mark)

a. Brisk walking
b. High intensity aerobics class
c. Race cycling
d. Moderate intensity weight lifting

Q29
Which of the following drinks would give the quickest rehydration? (1 mark)

a. Hypertonic
b. Coffee
c. Isotonic
d. Tea

Q30
What is the recommended daily protein intake for adults performing regular endurance training? (1 mark)

a. 0.8 – 1.0g/kg body weight
b. 1.2 – 1.4g/kg body weight
c. 1.8 – 2.0g/kg body weight
d. 2.4 – 2.6g/kg body weight