

100 Question Food Quiz!

Each section has 10 questions. When you have finished check your answers using the answer pages at the back.

Work out your score out of 100 and get your total %.

Some questions do have more than one answer.

Questions link to the exam board specification:

- Food, Nutrition and Health 3.2
- Nutritional Needs 3.2.3
- Food Science 3.3
- Food Safety 3.4
- Food Choice 3.5
- Food Provenance 3.6

Food, Nutrition and Health 3.2

1. Which 2 foods are a good source of protein in the diet?

- a. Potatoes
- b. Apples
- c. Meat
- d. Eggs

2. Name 2 functions of calcium in the diet.

- a. Releases energy
- b. Strengthens bones and teeth
- c. Helps with muscle functions
- d. For healthy blood cells

3. Name 2 fat soluble vitamins.

- a. Vitamin C
- b. Folic acid
- c. Vitamin D
- d. Vitamin A

4. Which 2 foods contain carbohydrate?

- a. Beef
- b. Fish
- c. Bread
- d. Pasta

5. Which 2 of these are macronutrients?

- a. Protein
- b. Fat
- c. Vitamin C
- d. Calcium

6. What does HBV stand for?

- a. High Botanical Value
- b. High Biological Value
- c. High Body Value
- d. Higher Body View

7. Which 2 of these foods are good sources of fibre?

- a. Nuts
- b. Eggs
- c. Bread
- d. Cheese

8. Which 2 of these foods are good sources of iron?

- a. Meat
- b. Chocolate
- c. Apples
- d. Carrots

9. White flour is fortified with which 3 nutrients?

- a. Iron
- b. Niacin
- c. Calcium
- d. Protein

10. Which foods have been fortified with nutrients?

- a. Milk
- b. Some breakfast cereals
- c. Fats and low fat spreads
- d. Vegetable oil

Nutritional Needs 3.2.3

11. Name 3 nutrients which provide energy.

- a. Carbohydrates
- b. Protein
- c. Fat
- d. Vitamins

12. How do we know the energy value of food?

- a. By weighing it
- b. Food labels show kilojoules and kilocalories
- c. You know when you eat it
- d. All food has the same energy

13. What is the Reference Intake (RI) of kcal for a woman?

- a. 1500 kcal
- b. 2000 kcal
- c. 2500 kcal
- d. 3000 kcal

14. Name 2 ways the energy value of food is shown on a food label

- a. Kilometres
- b. Kilocalories
- c. Kilograms
- d. Kilojoules

15. Name 2 changes that might happen if you regularly eat more food than you need.

- a. You get constipated
- b. You put on weight
- c. Spare energy is stored as fat
- d. You use it up

16. Which group needs the most energy from food?

- a. Babies
- b. Teenagers
- c. Women
- d. Older people

17. What is Basal Metabolic Rate (BMR)?

- a. Body weight
- b. The heartbeat rate
- c. The mass of a body
- d. The amount of energy used while at rest

18. Name 3 possible health problems for obese people.

- a. Type 2 diabetes
- b. Heart disease
- c. Some types of cancer
- d. Tooth decay

19. Name 2 ways that meals can be adapted to lower the calories.

- a. Reduce the portion size
- b. Lower the fat used in cooking
- c. Heat up the food properly
- d. Buy ready to eat food

20. Which of these foods has the most calories?

- a. Quarter pounder burger
- b. Orange juice, 200ml
- c. Small portion of chips
- d. Can of cola

Nutritional needs 3.2.3.2

21. What is a balanced diet?

- a. Eating a variety of foods in the right proportions
- b. Balancing the weight of food that you eat

- c. Eating lots of fruit and vegetables
- d. Calorie counting

22. What does the Eatwell Guide show?

- a. How much food to eat
- b. How to cook healthy meals
- c. How to balance the food types we eat
- d. Calories in food

23. What is meant by the term '5 a day'?

- a. A plan to eat 5 meals a day
- b. Eating 5 daily portions of fruit and vegetables
- c. Exercising 5 times a day
- d. Using 5 ingredients for a meal

24. Which of these foods does **not** count towards 5 a day?

- a. Dried fruit
- b. An orange
- c. Potatoes
- d. Smoothies

25. Which 3 foods contain salt?

- a. Bacon
- b. Bread
- c. Cheese
- d. Apples

26. Which food group must someone who is lactose intolerant avoid?

- a. Foods high in fat
- b. Sugary food
- c. Foods containing gluten
- d. Milk products

27. Which food group must a coeliac avoid?

- a. Foods high in fat
- b. Sugary food
- c. Foods which contain gluten
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28. Which 3 things make up a healthy diet during pregnancy?

- a. Eating a balanced diet
- b. Not eating too many fat-rich and sugary foods
- c. Drinking very little or no alcohol
- d. Avoiding bread and pasta

29. Which 3 folic acid rich foods does a mother need in early pregnancy?

- a. Green leafy vegetables
- b. Fortified breakfast cereals
- c. Cheese
- d. Wholemeal bread

30. Name 3 things people should do to lose weight.

- a. Take more exercise
- b. Reduce their food intake
- c. Check the calories in meals
- d. Not to eat fatty foods

Food Choice and Food Provenance

3.5, 3.6

31. What are food miles?

- a. The distance from field to plate
- b. The miles a delivery van travels
- c. Food delivered by plane
- d. Food from the countryside

32. What is meant by Fairtrade food?

- a. Food sold at the lowest price
- b. Discounted supermarket food
- c. Food sourced from farmers in developing countries who get a fair deal
- d. Food sold at farmers' markets

33. What is organic food?

- a. Suitable for vegetarians
- b. Made with GM ingredients
- c. Produced with few pesticides and chemicals
- d. Made in the countryside

34. What is Farm Assured Food?

- a. Food that farmers deliver to supermarkets
- b. Food produced to welfare standards
- c. Food that has low food miles
- d. Food checked by farmers

35. Name 3 types of sustainable ingredients.

- a. Local seasonal food
- b. Fish from managed waters
- c. Food from assured farming schemes
- d. Ingredients that last a long time

36. What is GM food?

- a. Genetically made

- b. Genetically modified
- c. Generally modified
- d. Genuinely manufactured

37. What is the term for chickens that are not kept in cages?

- a. Organic
- b. Free roaming
- c. Free range
- d. Sustainable

38. Which 3 of these are convenience foods?

- a. Ready to eat curry meal
- b. Frozen peas
- c. Canned soup
- d. Butter

39. Name 3 foods that can be added to increase fibre in meals.

- a. Milk and cheese
- b. Fruit and vegetables
- c. Wholemeal grains
- d. Pulses like chickpeas

40. Which 2 foods cannot be called halal?

- a. Pork
- b. Beef
- c. Gelatine
- d. Chicken

Food Science 3.3

41. Metals conduct heat better than plastic or wood.

- True
- False

42. Grilling transfers heat to food by:

- a. Convection
- b. Conduction
- c. Radiation
- d. Energy

43. Name 3 uses for sugar in food products.

- a. Flavour
- b. Preserve
- c. Increase shelf life
- d. Add nutrients

44. Name 3 reasons why fat is added to pastry.

- a. Shorten it
- b. Add flavour
- c. Add colour
- d. Make it greasy

45. Which 3 foods are emulsions?

- a. Butter
- b. Milk
- c. Mayonnaise
- d. Bread

46. Starch is mixed and heated in liquid to:

- a. Make it white
- b. Add fat
- c. Thicken
- d. Add flavour

47. Gluten in bread making helps to:

- a. Colour the dough
- b. Add flavour
- c. Give structure
- d. Soften the bread

48. Name 3 types of pastry.

- a. Filo
- b. Shortcrust
- c. Choux
- d. Roux

49. Give 3 reasons why egg is added to pastry

- a. To enrich it
- b. To bind it
- c. To add colour
- d. To make it sticky

50. Aerating food means:

- a. Adding gas
- b. Helping it set
- c. Making food thicken
- d. Adding sweetness

Food Science 3.3

51. Glazing pastry helps it to:

- a. Stick together
- b. Look shiny
- c. Taste better
- d. Be more nutritious

52. Choose 3 things which act as a raising agent in baked food.

- a. Air
- b. Sugar
- c. Steam
- d. Carbon dioxide

53. What is the term for making mayonnaise?

- a. Mixing
- b. Cooking

- c. Emulsifying
- d. Hydrogenation

54. Name 3 reasons why lemon juice is added to fruit salad.

- a. Prevent discolouration
- b. Add flavour
- c. Increase vitamin C
- d. To sweeten

55. What type of additive is used to stop fats turning rancid?

- a. Anti-enzymes
- b. Anti-oxidants
- c. Anti-freeze
- d. Emulsifiers

56. Which method of cooking vegetables loses the least vitamin C?

- a. Boiling in water
- b. Steaming
- c. Roasting
- d. Frying

57. When eggs are cooked the protein:

- a. Coagulates
- b. Congeals
- c. Emulsifies
- d. Conserves

58. The function of fats in pastry is to:

- a. Add energy
- b. Shorten
- c. Bind
- d. Bulk

59. The function of food that sticks dry ingredients together is:

- a. Setting
- b. Enriching
- c. Coating
- d. Binding

60. Thickening by heating starch and water is called:

- a. Garnishing
- b. Gelatinisation
- c. Aerating
- d. Starching

Food Safety 3.4

61. Give 2 reasons for preserving food.

- a. Lasts longer
- b. Costs less
- c. Keeps its vitamins

d. Doesn't go bad

62. Which 2 organisms cause food to deteriorate?

- a. Mice
- b. Bacteria
- c. Mould
- d. Flour weevils

63. Name 3 conditions which bacteria need to grow.

- a. Cold
- b. Warmth
- c. Moisture
- d. Time

64. Describe 2 ways that food is preserved to keep it longer.

- a. Remove the moisture
- b. Keep in the dark
- c. Freeze it
- d. Put it in a plastic container

65. Which of these foods cannot be preserved by drying?

- a. Milk
- b. Jam
- c. Soup
- d. Peas

66. Choose 3 ways to preserve strawberries.

- a. Canned
- b. Pickled
- c. Jammed
- d. Frozen

67. Pickling in acid kills bacteria and other micro-organisms.

- True
- False

68. Bacteria in frozen food are:

- a. Killed
- b. Dormant
- c. Multiplying
- d. Removed

69. Name 3 ways that micro-organisms are destroyed by canning.

- a. Heating
- b. Sealing in cans
- c. Killing moulds
- d. Keeping food cold

70. Which is not a food poisoning bacteria?

- a. Listeria
- b. Salmonella
- c. E-coli
- d. Lactobacillus

Food Safety 3.4

71. What is the safe temperature inside a refrigerator?

- a. 0-5°C
- b. -2 to -5°C
- c. 1-8°C
- d. 5-10°C

72. What is the safe temperature inside a freezer?

- a. -5°C
- b. -18°C
- c. 18°C
- d. -10°C

73. What is the danger zone temperature where bacteria multiply?

- a. 0-60°C
- b. 5-70°C
- c. 5-63°C
- d. 10-90°C

74. How can you measure the temperature of hot food?

- a. Dip your finger in it
- b. Put a knife in to see if it is hot
- c. See if it is steaming
- d. Use a temperature probe

75. Piping hot food must reach a temperature of:

- a. 65°C
- b. 75°C
- c. 72°C
- d. 100°C

76. How can you tell if food is contaminated with dangerous bacteria?

- a. Bad smell
- b. Off taste
- c. Change of colour
- d. You can't tell

77. Name 3 causes of food poisoning.

- a. Storing food in warm conditions
- b. Under cooking food
- c. Cross contamination

d. Buying food from markets

78. Name 3 symptoms of food poisoning.

- a. Nausea
- b. Vomiting
- c. Diarrhoea
- d. Losing weight

79. Name 3 high risk foods.

- a. Chicken
- b. Mayonnaise
- c. Ham
- d. Salads

80. Which 2 foods are high risk?

- a. Cooked chicken
- b. Dried pasta
- c. Double cream
- d. Flour

Food Choice 3.5

81. Name 3 things that must be shown on a food label.

- a. Name of food
- b. List of ingredients
- c. % of main ingredient
- d. Type of packaging

82. Name 3 **more** things that must be shown on a food label.

- a. Date mark
- b. Name of manufacturer
- c. Instructions for use
- d. Flavour claims

83. What does **not** have to be shown on a food label?

- a. List of ingredients
- b. Manufacturer
- c. Date mark
- d. Price

84. Reference Intakes (RIs) are:

- a. A guide to how to cook food
- b. The nutrients and calories for a healthy diet
- c. A guide to weight loss
- d. Food labelling laws

85. Which 2 foods have Use by dates for short shelf life?

- a. Apples
- b. Yogurt
- c. Dried noodles
- d. Sandwiches

86. Name 3 functions of bar codes on packaging.

- a. Makes checking and ordering easy
- b. Shows a bar chart of nutrients
- c. Gives information for receipts
- d. Helps with supply of goods

87. Name 3 functions of packaging.

- a. Improves hygiene
- b. Provides information
- c. Protects and keeps food safe
- d. Adds colour

88. What date mark is on food stored in ambient conditions? a. Use by date

- b. Best before date
- c. Display date
- d. Use up date

89. What is the 'e' on a food label?

- a. Estimated nutrition
- b. The average weight of the product
- c. The E numbers present
- d. Means made in EU

90. Which food is a primary source of food?

- a. Flour
- b. Breakfast cereal
- c. Butter
- d. Potatoes

Food choice 3.5, Food Provenance 3.6

91. Name 3 lifestyle habits that can reduce the risk of coronary heart disease a. Giving up smoking

- b. Eating a healthy, balanced diet
- c. Learning to cook
- d. Being physically active

92. Foods high in saturated fat increase cholesterol levels.

- True
- False

93. Name 3 foods high in saturated fat.

- a. Avocados
- b. Ghee
- c. Cakes and biscuits
- d. Butter

94. Which food is an example of secondary processing?

- a. Vegetable oil
- b. Apples
- c. Carrots
- d. Banana

95. Name 3 things that help a diabetic control blood sugar levels.

- a. Keep blood pressure under control
- b. Control body weight
- c. Be physically active
- d. Measure waist size

96. Name 3 functions of water in our bodies.

- a. Regulates body temperature through sweating
- b. Prevents spots on skin
- c. Helps transport nutrients and oxygen to cells
- d. Essential component of human tissue

97. We should drink 1.5-2 litres of fluid/water a day.

- True
- False

98. What is 'osteoporosis'?

- a. Healthy eyesight
- b. A condition that makes bones weak and fragile
- c. Coronary heart disease
- d. High cholesterol

99. What vitamin is made when the skin is exposed to sunlight? a. Vitamin A

- b. Vitamin C
- c. Vitamin D
- d. Vitamin B

100. Name 2 dietary changes to lower high cholesterol levels.

- a. Eat less salt
- b. Eat less saturated fat
- c. Eat less fibre
- d. Eat less high fat, high sugar snacks

Answers

Food, Nutrition and Health 3.2

1. Which 2 foods are a good source of protein in the diet?

- Meat
- Eggs

2. Name 2 functions of calcium in the diet.

- Strengthens bones and teeth
- Helps with muscle functions

3. Name 2 fat soluble vitamins.

- Vitamin D
- Vitamin A

4. Which 2 foods contain carbohydrate?

- Bread
- Pasta

5. Which 2 of these are macronutrients?

- Protein
- Fat

6. What does HBV stand for?

- High Biological Value

7. Which 2 of these foods are good sources of fibre?

- Nuts
- Bread

8. Which 2 of these foods are good sources of iron?

- Meat
- Chocolate

9. White flour is fortified with which 3 nutrients?

- Iron
- Niacin
- Calcium

10. Which foods have been fortified with nutrients?

- Some breakfast cereals
- Fats and low fat spreads

Marks out of 10 =

Nutritional Needs 3.2.3

11. Name 3 nutrients which provide energy.

- Carbohydrates
- Protein
- Fat

12. How do we know the energy value of food?

- Food labels show kilojoules and kilocalories

13. What is the Reference Intake (RI) of kcal for a woman?

- 2000 kcal

14. Name 2 ways energy value of food is shown on a food label

- kilocalories
- kilojoules

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3.5, 3.6

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41. Metals conduct heat better than plastic or wood.

- True

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- Flavour
- Preserve
- Increase shelf life

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- Shorten it
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- Add colour

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55. What type of additive is used to stop fats turning rancid?

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56. Which method of cooking vegetables loses the least vitamin C?

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59. The function of food that sticks dry ingredients together is:

- Binding

60. The thickening process of heating starch and water is called:

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Food Safety 3.4

61. Give 2 reasons for preserving food.

- Lasts longer
- Doesn't go bad

62. Which 2 organisms cause food to deteriorate?

- Bacteria
- Mould

63. Name 3 conditions which bacteria need to grow.

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- Moisture
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- Frozen

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- -18°C

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- True

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