

# Exam-Style Questions 1

1. Starch is a carbohydrate.

Which 2 of the following foods are good sources of carbohydrates? Tick 2 boxes only.

Bread

Salmon

Rice

Apples

Beef

Butter

2. Name the other type of nutrient that is needed as part of a balanced diet and helps prevent constipation.

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3. Look at the table

Food	energy per 100g of food (kJ)	nutrients per 100g of each food			
		protein (g)	fat (g)	carbohydrate (g)	calcium (mg)
Wholemeal bread	910	9.2	2.5	40.7	58
Cheese	1700	22.5	34.4	0.1	700
Milk	275	3.2	3.9	4.8	115
Banana	400	1.2	0.3	24.2	8

Which of the four nutrients (protein, fat, carbohydrate or calcium) provides most of the energy in the milk?

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Which of the four nutrients provides most of the energy in the wholemeal bread?

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Which of the four nutrients is needed for the development of healthy bones and teeth?

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The recommended daily amount of protein for a woman is 45 g.

How many grams of cheese would provide 45 g of protein?

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# Exam Style Questions 1 Answers

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Which 2 of the following foods are good sources of carbohydrates? Tick 2 boxes only.

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2. Name the other type of nutrient that is needed as part of a balanced diet and helps prevent constipation.

**Fibre**

3. Look at the table

Which of the four nutrients, protein, fat, carbohydrate or calcium, provides most of the energy in the milk?

**Carbohydrates**

Which of the four nutrients provides most of the energy in the wholemeal bread?

**Carbohydrates**

Which of the four nutrients is needed for the development of healthy bones and teeth?

**Calcium**

The recommended daily amount of protein for a woman is 45 g.

How many grams of cheese would provide 45 g of protein?

**200g**

