

**MULTIPLE CHOICE  
QUESTION PAPER**



<b>Paper number:</b> <b>SAMPLE 3</b> Please ensure that this paper number is referenced on your candidate answer sheet	<b>Time allocation:</b> 15 minutes
<b>Title:</b>  <p style="text-align: center;"><b>Level 3 Nutrition to Support Physical Activity (L/616/4753) Sample Assessment Materials</b></p>	
<b>Student:</b> XXXXXX Sample 3	
<b>Special Instructions:</b> <p>Before you begin, please <b>check that your name is shown above AND on your answer sheet</b>. If you have someone else's exam paper or answer sheet, please let your invigilator know before starting the assessment.</p> <p>This assessment contains 10 multiple-choice questions. You need to correctly answer 7 out of 10 questions (70%) to pass this assessment.</p> <p><b>Each question is worth one mark.</b> You should select one response (a, b, c or d) for each question and record this on your personalised answer sheet. If you need to change any of the answers you have given, delete your response by completely filling in the box and then select the response you prefer. Circle the new response to make it clear that this is the answer you would like marked. <b>Please do not write on the question paper.</b></p> <p>Try to answer all questions and check your responses, if you have time to do so.</p> <p><b>YOUR QUESTION PAPER AND ANSWER SHEET MUST NOT BE REMOVED FROM THE EXAM ROOM</b></p>	

- Q1** What are the components of energy balance in the 'energy balance equation'?
- a) High- and low-intensity activity
  - b) Fuel in and fuel out
  - c) Energy intake and energy expenditure**
  - d) Aerobic and anaerobic activity
- Q2** Which of the following healthy eating guidelines is the **most important** for clients with a weight loss goal?
- a) Limit foods high in fat and sugar**
  - b) Drink six-to-eight cups/glasses of fluid every day
  - c) Have some dairy or dairy alternatives every day
  - d) Base meals on starchy carbohydrates
- Q3** What organisation is the voluntary regulator for nutritionists and nutrition scientists in the UK?
- a) The Register of Exercise Professionals
  - b) The Health and Care Professions Council
  - c) The Association for Nutrition**
  - d) The Food Standards Agency
- Q4** What mineral may be deficient in a menstruating woman?
- a) Iron**
  - b) Potassium
  - c) Calcium
  - d) Iodine

- Q5** What type of activity is least likely to use fat as an energy source due to the lack of oxygen present?
- a) **Sprinting**
  - b) Slow running
  - c) Walking
  - d) Slow swimming
- Q6** Which of the following would be the most reliable source of nutritional information for sports people?
- a) Sports websites
  - b) **Scientific nutrition journals**
  - c) Sports club leaflets
  - d) Sports magazines
- Q7** Why is it healthier to prepare your own food rather than buying take-aways or pre-prepared foods?
- a) **Healthier cooking methods can be chosen**
  - b) More carbohydrates can be added
  - c) Bigger portions can be prepared
  - d) More protein can be added
- Q8** What type of food packaging label shows a visual representation of the fat, saturated fat, salt and sugar in the contents?
- a) Warning sign labelling
  - b) Stop and go labelling
  - c) High and low labelling
  - d) **Traffic light labelling**
- Q9** Which food contains complex carbohydrate?
- a) Blackberries
  - b) Bananas
  - c) Apples
  - d) **Potatoes**

**Q10** What is the calorific value of protein?

- a) 4 kcal/g
- b) 5 kcal/g
- c) 6 kcal/g
- d) 7 kcal/g

Sample Assessment

Important! The form should be completed IN CAPITAL LETTERS using a BLACK ballpoint pen. Characters and marks used should be similar to:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z 1 2 3 4 5 6 7 8 9 0

To select a

checkbox:

or

**YMCA**  
awards

# YMCA Awards Theory Paper

This candidate answer sheet must be used with a paper in the following structure:

## 10 Questions

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Site Code: SAM001/001 Assessment Date: 01/03/2018

Paper: Sample 3

Student: XXXXXX Sample 3

- Q1 a  b  c  d
- Q2 a  b  c  d
- Q3 a  b  c  d
- Q4 a  b  c  d
- Q5 a  b  c  d
- Q6 a  b  c  d
- Q7 a  b  c  d
- Q8 a  b  c  d
- Q9 a  b  c  d
- Q10 a  b  c  d

Invigilator Name (must be clearly printed)

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Invigilator Signature (Please keep inside box)

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Candidate Signature (Please keep inside box)

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