

**MULTIPLE CHOICE  
QUESTION PAPER**



<b>Paper number:</b> <b>SAMPLE 1</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 1	
<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 organisation is the professional association and trade union for UK dietitians?
- a) The Health and Care Professions Council
  - b) The British Dietetic Association
  - c) The Food Standards Agency
  - d) The Association for Nutrition
- Q2** Which of the following would be the most reliable source of nutritional information for weight loss?
- a) Slimming magazines
  - b) Slimming club leaflets
  - c) Scientific nutrition journals
  - d) Weight-loss websites
- Q3** What is the name of the process of converting muscle protein to glucose?
- a) Glycolysis
  - b) Oxidation
  - c) Kreb's cycle
  - d) Gluconeogenesis
- Q4** Why is it healthier to prepare your own food rather than buying take-aways or pre-prepared foods?
- a) You won't know how many calories are in the meals
  - b) You can avoid additives and preservatives
  - c) You won't know how much fat is in the meals
  - d) You can prepare bigger portions

- Q5** Which of the following healthy eating guidelines is a priority for clients with a hypertrophy goal?
- a) Eat at least five portions of a variety of fruit and vegetables every day
  - b) Choose unsaturated oils and spreads and eat in small amounts
  - c) Drink six-to-eight cups/glasses of fluid a day
  - d) Eat beans, pulses, fish, eggs, meat and other proteins every day
- Q6** What vitamin may be deficient in people who have little sunlight exposure?
- a) Vitamin B
  - b) Vitamin C
  - c) Vitamin D
  - d) Vitamin K
- Q7** What is the calorific value of fat?
- a) 4 kcal/g
  - b) 5 kcal/g
  - c) 7 kcal/g
  - d) 9 kcal/g
- Q8** Which food contains complex carbohydrate?
- a) Bananas
  - b) Apples
  - c) Potatoes
  - d) Blackberries
- Q9** What are the components of energy balance in the 'energy balance equation'?
- a) Aerobic and anaerobic activity
  - b) High- and low-intensity activity
  - c) Fuel in and fuel out
  - d) Energy intake and energy expenditure

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**Q10** On a packaged food label, how are ingredients listed?

- a) Most expensive ingredient first
- b) Decreasing order of weight
- c) Increasing order of weight
- d) Most nutritious ingredient first

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

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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 1

Student: XXXXXX Sample 1

- 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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