



PiXL Independence

Technology – Answer Booklet

KS4

Food

Contents:

Answers

I. Multiple Choice Questions

1. Which food is high in protein?
 - a. Cabbage
 - b. **Cheese**
 - c. Oranges
 - d. Cucumber

2. Which **one** of the pasties is the highest in dietary fibre?

a. Beef carrot and onion pasty with short crust pastry - made with lard and butter	b. Cheese spinach potato pasty with puff pastry - made with margarine	c. Chicken carrot and onion pasty with short crust pastry - made with lard, butter and wholemeal pastry	d. Cheese spinach sweet potato pasty with puff pastry - made with lard and butter
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- a. Beef carrot and onion pasty
 - b. Cheese spinach potato pasty with margarine
 - c. **Wholemeal chicken carrot and onion pasty**
 - d. Cheese spinach sweet potato pasty with lard & butter
3. Which **one** of the pasties is highest in iron?
 - a. **Beef carrot and onion pasty**
 - b. Cheese spinach potato pasty with margarine
 - c. Wholemeal chicken carrot and onion pasty
 - d. Cheese spinach potato pasty with lard & butter

 4. Which **one** of the pasties contains the most saturated fat?
 - a. **Beef carrot and onion pasty**
 - b. Cheese spinach potato pasty with margarine
 - c. Wholemeal chicken carrot and onion pasty
 - d. Cheese spinach sweet potato pasty with lard & butter

5. Which one of the pasties is highest in vitamin A?
- Beef carrot and onion pasty
 - Cheese spinach potato pasty with margarine
 - Wholemeal chicken carrot and onion pasty
 - Cheese spinach sweet potato pasty with lard & butter**
6. Which **one** of the nutrients identified is not a macronutrient?
- Iron**
 - Protein
 - Fat
 - Carbohydrate
7. What is the function of protein in the body?
- Growth & repair
 - Secondary source of energy
 - Body maintenance
 - All the above**
8. High Biological Value (HBV) contain amino acids:
- In good supply
 - In limited supply
 - All the essential amino acids in good supply**
 - In poor supply
9. How is fat stored in the body?
- In the blood
 - In adipose tissue**
 - In muscle
 - In the organs
10. There are 2 types of carbohydrates. What are they?
- Starch and salt
 - Sugars and fat
 - Starch and sugars**
 - Starch and fat
11. Which group of the following are all types of monosaccharides?
- Glucose, lactose, fructose
 - Glucose, maltose, fructose
 - Glucose, gluten, fructose
 - Glucose, galactose, fructose**
12. Which group of the following are all types of disaccharides?
- Sucrose, lactose, maltose**
 - Sucrose, maltose, fructose
 - Glucose, maltose, fructose
 - Glucose, galactose, lactose
13. Dietary fibre is also known as:
- Pectin
 - Non-starch polysaccharide (NSP)**
 - Lipid
 - Dextrin

14. Too much carbohydrate in the diet can cause:
- Stiff joints
 - Constipation
 - Obesity**
 - Heart disease (CH)
15. How much of our daily energy requirement should be supplied by carbohydrates?
- 40%
 - 50%**
 - 66%
 - 75%
16. Vitamin B9 (folate) helps to prevent:
- Anaemia
 - Pellagra
 - Spina bifida**
 - Scurvy
17. Vitamin (carotene & retinol) deficiency causes:
- Osteoporosis
 - Night blindness**
 - Beri-Beri
 - Anaemia
18. Deficiency in iron leads to:
- Anaemia**
 - Osteoporosis
 - high blood pressure
 - Scurvy
19. Fatty and oily food provide the body with:
- Iron
 - Vitamin A, D, E, K**
 - Vitamin & group
 - Calcium
20. Eating too much saturated fat can lead to:
- Stiff joints
 - Constipation
 - Anaemia
 - Coronary Heart disease (CH)**



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