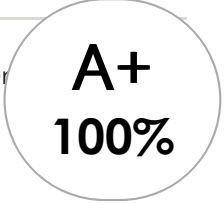


26 Multiple choice questions



A+
100%

1. the type of fibre that dissolves into a gel in water, and can be digested by bacteria in the colon to produce short-chain fatty acids for gut cells
 - a. gut flora
 - b. insoluble fibre
 - c. isoflavonoids
 - d. **CORRECT: soluble fibre**

2. non-nutrient plant chemicals that have beneficial effects in the body
 - a. phyto-oestrogens
 - b. probiotics
 - c. **CORRECT: phytochemicals**
 - d. anaemia

3. anything that tends to reduce inflammation (swelling, redness, heat and pain in body tissues); inflammation is normally part of a controlled process that fights infection and helps damaged tissue heal; when this control is lost, it can contribute to processes that are harmful to the body, such as cardiovascular disease; anti-inflammatory processes may help to restore this control
 - a. anti-oxidants
 - b. gut flora
 - c. functional foods
 - d. **CORRECT: anti-inflammatory**

4. the rhythmical wave-like motion of the muscles lining the digestive system that moves food through the gut
 - a. oestrogen
 - b. prostaglandins
 - c. **CORRECT: peristalsis**
 - d. legislation

5. chemicals that contribute to the yellow, orange and some red colours of fruit and vegetables
 - a. flavonoids
 - b. isoflavonoids
 - c. probiotics
 - d. **CORRECT: carotenoids**

6. hormone-like substances that are involved in many processes in the body, including muscle contraction, blood flow, inflammation, and the immune system
 - a. isoflavonoids
 - b. carotenoids
 - c. peristalsis
 - d. **CORRECT: prostaglandins**

7. unsaturated fatty acids that have their first double bond between the third and fourth carbon on the chain
 - a. **CORRECT: omega-3 fatty acids**
 - b. carotenoids
 - c. butyric acid
 - d. legislation

8. a chemical that stops oxidation, preventing oxidative damage in the body or, in food, preventing fats and oils from becoming rancid
 - a. lignans
 - b. anaemia
 - c. **CORRECT: anti-oxidants**
 - d. carotenoids

9. lipoproteins that deposit cholesterol along the walls of blood vessels
 - a. oestrogen
 - b. fortified foods
 - c. **CORRECT: low-density lipoproteins (LDLs)**
 - d. carotenoids

10. describes a food that contains material derived from an organism that has had its genetic material altered in some way other than by conventional breeding
 - a. prostaglandins
 - b. **CORRECT: genetically modified**
 - c. functional foods
 - d. nutritionally modified foods

11. types of bacteria that are normally found in a healthy human gut, and which are incorporated into foods to provide health benefits
 - a. lignans
 - b. carotenoids
 - c. peristalsis
 - d. **CORRECT: probiotics**

12. food whose nutritional content has been increased by the addition of more of the vitamins and minerals they already contain
 - a. **CORRECT: fortified foods**
 - b. carotenoids
 - c. functional foods
 - d. soluble fibre

13. a particular group of phytochemicals that are converted by gut bacteria into hormone-like compounds which imitate the hormone oestrogen
 - a. prostaglandins
 - b. oestrogen
 - c. **CORRECT: phyto-oestrogens**
 - d. phytochemicals

14. two groups of chemicals (anthocyanins and anthoxanthins) that contribute to the colours of fruits and vegetables
 - a. lignans
 - b. **CORRECT: flavonoids**
 - c. carotenoids
 - d. isoflavonoids

15. foods that surpass the basic nutrients found in foods that have proven health benefits
- flavonoids
 - CORRECT: functional foods**
 - gut flora
 - fortified foods
16. a female sex hormone
- legislation
 - phyto-oestrogens
 - peristalsis
 - CORRECT: oestrogen**
17. an independent statutory agency that works with the government to achieve a safe food supply by developing food standards and codes of practice, and standardising food law
- functional foods
 - fortified foods
 - CORRECT: Food Standards Australia New Zealand (FSANZ)**
 - low-density lipoproteins (LDLs)
18. the bacteria that live in the gut
- flavonoids
 - soluble fibre
 - CORRECT: gut flora**
 - anaemia
19. a diet-related deficiency disorder resulting either from a diet that is low in iron, or from iron loss (for example, due to blood loss or heavy menstruation)
- CORRECT: anaemia**
 - lignans
 - gut flora
 - flavonoids

20. chemical substances that have phyto-oestrogen qualities; are found in fruits, vegetables and legumes
- probiotics
 - flavonoids
 - CORRECT: isoflavonoids**
 - carotenoids
21. chemical substances that have phyto-oestrogen qualities; are found in nuts and seeds
- peristalsis
 - anaemia
 - CORRECT: lignans**
 - flavonoids
22. a law passed by government that describes what is legal in specific situations
- lignans
 - CORRECT: legislation**
 - oestrogen
 - peristalsis
23. foods that have been changed to improve their nutritional qualities, either by adding some component (such as vitamins, minerals, fibre, active non-nutrients) or by removing or reducing some component (such as fat, sugar or sodium)
- genetically modified
 - CORRECT: nutritionally modified foods**
 - functional foods
 - fortified foods
24. substances that are not necessarily essential in the diet, but can enhance the functioning of the body or contribute to the promotion of good health
- CORRECT: active non-nutrients**
 - carotenoids
 - phyto-oestrogens
 - anti-oxidants

25. a short-chain fatty acid that can be used as fuel by the cells lining the intestine; can be produced from fibre, by the action of bacteria found in the gut
- a. carotenoids
 - b. **CORRECT: butyric acid**
 - c. gut flora
 - d. peristalsis
26. fibre that remains mostly unchanged as it passes through the gut; it helps to increase the bulk of the stool and speed up its passage through the body, reducing the chance of cell damage occurring from harmful substances in the stool
- a. isoflavonoids
 - b. **CORRECT: insoluble fibre**
 - c. soluble fibre
 - d. gut flora