

## 26 Multiple choice questions

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1. the type of fibre that dissolves into a gel in water, and can be digested by bacteria in the colon to produce fuel for gut cells
  - a. gut flora
  - b. insoluble fibre
  - c. isoflavonoids
  - d. soluble fibre
  
2. non-nutrient plant chemicals that have beneficial effects in the body
  - a. phyto-oestrogens
  - b. probiotics
  - c. 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. 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. 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. 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. prostaglandins
  
7. unsaturated fatty acids that have their first double bond between the third and fourth carbon on the chain
  - a. 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. anti-oxidants
  - d. carotenoids
  
9. lipoproteins that deposit cholesterol along the walls of blood vessels
  - a. oestrogen
  - b. fortified foods
  - c. 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. 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. probiotics

12. food whose nutritional content has been increased by the addition of more of the vitamins and minerals they already contain
  - a. 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. phyto-oestrogens
  - d. phytochemicals
  
14. two groups of chemicals (anthocyanins and anthoxanthins) that contribute to the colours of fruits and vegetables
  - a. lignans
  - b. flavonoids
  - c. carotenoids
  - d. isoflavonoids
  
15. foods that surpass the basic nutrients found in foods that have proven health benefits
  - a. flavonoids
  - b. functional foods
  - c. gut flora
  - d. fortified foods
  
16. a female sex hormone
  - a. legislation
  - b. phyto-oestrogens
  - c. peristalsis
  - d. 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
  - a. functional foods
  - b. fortified foods
  - c. Food Standards Australia New Zealand (FSANZ)
  - d. low-density lipoproteins (LDLs)

18. the bacteria that live in the gut
  - a. flavonoids
  - b. soluble fibre
  - c. gut flora
  - d. 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)
  - a. anaemia
  - b. lignans
  - c. gut flora
  - d. flavonoids
  
20. chemical substances that have phyto-oestrogen qualities; are found in fruits, vegetables and legumes
  - a. probiotics
  - b. flavonoids
  - c. isoflavonoids
  - d. carotenoids
  
21. chemical substances that have phyto-oestrogen qualities; are found in nuts and seeds
  - a. peristalsis
  - b. anaemia
  - c. lignans
  - d. flavonoids
  
22. a law passed by government that describes what is legal in specific situations
  - a. lignans
  - b. legislation
  - c. oestrogen
  - d. 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)
  - a. genetically modified
  - b. nutritionally modified foods
  - c. functional foods
  - d. 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
- 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
- carotenoids
  - butyric acid
  - gut flora
  - 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
- isoflavonoids
  - insoluble fibre
  - soluble fibre
  - gut flora