

23 Multiple choice questions

1. organ meats from animals that are eaten e.g. beef liver
 - a. peers
 - b. aroma
 - c. flavour
 - d. offal

2. a person who does not eat meat, poultry or fish
 - a. protein
 - b. appetite
 - c. peers
 - d. vegetarian

3. one of the main nutrients needed by the body to repair and build cells, produce enzymes and hormones, and which can be used as a source of energy
 - a. peers
 - b. gluten
 - c. protein
 - d. aroma

4. a feeling of emptiness, weakness or pain caused by a lack of food
 - a. turgor
 - b. hunger
 - c. gluten
 - d. peers

5. something that is used to achieve a goal
 - a. gluten
 - b. flavour
 - c. peers
 - d. resource

6. a feeling of fullness experienced after eating
 - a. satiety
 - b. appetite
 - c. hunger
 - d. rickets

7. people of similar age, with similar interests and social status
 - a. hunger
 - b. offal
 - c. protein
 - d. peers

8. the desire for food, even when the body does not feel hunger
 - a. anaemia
 - b. satiety
 - c. appetite
 - d. protein

9. the sensory message resulting from the taste and aroma of food in the mouth
 - a. turgor
 - b. offal
 - c. aroma
 - d. flavour

10. one of the main nutrients needed by the body, providing energy and fibre
 - a. aroma
 - b. appetite
 - c. carbohydrate
 - d. marketplace

11. the odour given off by food
 - a. peers
 - b. aroma
 - c. offal
 - d. anaemia

12. a small gland at the base of the brain that regulates hunger, thirst, sleep and the release of some hormones
 - a. hypothalamus
 - b. anaemia
 - c. offal
 - d. metabolise

13. the location where goods are presented to consumers for sale
 - a. resource
 - b. metabolise
 - c. marketplace
 - d. appetite

14. the body tissue that contains fat; it consists of connective tissue filled with large numbers of fat cells
 - a. rickets
 - b. appetite
 - c. adipose tissue
 - d. marketplace

15. a sign of vitamin D deficiency in children, in which the bones do not harden normally and can become malformed
 - a. satiety
 - b. peers
 - c. protein
 - d. rickets

16. the process of changing energy sources (e.g. food) into energy
 - a. metabolise
 - b. peers
 - c. vegetarian
 - d. resource

17. a basic product sold under the label of a large retailer e.g. Home Brand is Woolworth's line of basic products
 - a. vegetarian
 - b. generic brands
 - c. peers
 - d. rickets

18. the minimum amount of energy that your body needs to maintain normal body processes; your lowest energy expenditure while awake
 - a. metabolise
 - b. appetite
 - c. carbohydrate
 - d. basal metabolic rate (BMR)

19. the pressure placed on cell walls or membranes by fluids within the cell
- flavour
 - hunger
 - turgor
 - aroma
20. a type of protein found in grains that will stretch and form the structure of a flour product
- gluten
 - satiety
 - protein
 - hunger
21. a diet-related deficiency disorder resulting either from a diet that is low in iron or from iron loss
- satiety
 - anaemia
 - appetite
 - aroma
22. the scientific study of food consumption and the use of nutrients in the body
- protein
 - gluten
 - nutrition
 - turgor
23. reaction to food based on how the food looks, smells, tastes, feels and sounds when eaten
- generic brands
 - sensory perception
 - resource
 - nutrition