

QUIZ

HSC07 QUIZ

- 1) Give two sources of sugars in the diet. (2)
- 2) Give two sources of non-starch polysaccharide in the diet. (2)
- 3) What is the main function of carbohydrates in the diet? (1)
- 4) Explain the difference between saturated and unsaturated fatty acids (1)
- 5) Give three functions of fat in the diet. (3)

Aspire: To construct detailed responses to questions based on the Food and Fitness module.

Challenge: To recall knowledge from the Food and Fitness module



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- **6) Give three animal sources of protein foods in the diet. (3)**
- **7) Give three functions of protein in the body. (3)**
- **8) Which vitamin is needed to aid the absorption of iron in the body? (1)**
- **9) Which vitamin is needed to aid the absorption of calcium in the body? (1)**
- **10) What is Iodine required for in the human body? (1)**

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- 11) Why is Vitamin A required in the human body? (1)
- 12) Why is Vitamin C required in the human body? (1)
- 13) Give a detailed definition of Aerobic fitness. (3)
- 14) Give three factors that can affect aerobic fitness. (3)
- 15) Give three short term effects of exercise on the body. (3)

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- **16) Give three long term effects of exercise on the body. (3)**
- **17) Explain the term ‘dynamic strength’ in regard to muscle fitness. (1)**
- **18) State TWO psychological effects of regular exercise. (2)**
- **19) Briefly explain ‘atherosclerosis’. (2)**
- **20) Briefly explain ‘hypertension’. (2)**

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- **21) What is insulin? What is needed for in the body? (2)**
- **22) State four barriers to participation in regular exercise. (4)**
- **23) State four areas of good practice in relation to safety in physical exercise (4)**
- **24) Give TWO limitation of the use of height/weight charts/monitoring tables. (2)**
- **25) What is the control mechanism which helps to maintain the body's internal environment? (1)**

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- 26) What is the body's natural pace maker called? (1)
- 27) What is the hormone that makes the heart beat faster? (1)
- 28) Give three ways in which the body combats being cold. (3)
- 29) What is the normal range of internal body temperature? (1)
- 30) Explain the terms 'diastolic' and 'systolic', in relation to blood pressure. (2)

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- **31) Describe maximum strength, in relation to muscular fitness. (1)**
- **32) A person has a BMI of 29kg/m². What category are they in? (1)**
- **33) When using a peak flow meter to measure how fast air can be exhaled, what is the range for a normal adult? (1)**

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- **34) Two individuals complete the same exercise task, on the perceived exertion scale, one individual states an exertion score of 7, whilst another states a score of 18. What does this tell us about the two individuals? (1)**
- **35) Give two reasons why exercise can help with slowing down the aging process. (2)**

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