

شكراً لتحميلك هذا الملف من موقع المناهج الإماراتية



مراجعة الوحدة السادسة nutrition to Introduction

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التواصل الاجتماعي بحسب الصف الحادي عشر

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Health sciences – Term 2 (2022 – 2023)

Revision – Unit 6 (Introduction to nutrition)

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1. Match the following nutrients to their function in the body.

Nutrients	Function
1. Protein	
2. Fibre	
3. Calcium	
4. Iron	

a) Helps to build strong bones
b) Helps to prevent constipation
c) Helps to repair and build muscle
d) Helps carry oxygen in the blood

2. Match the following foods to the correct food group.

Food	Food group
1. Cheese	
2. Rice	
3. Lemon	
4. Kidney beans	

a) Meat, eggs and legumes
b) Milk and dairy products
c) Cereals and their products
d) Fruit and vegetables

3. What will happen over time if a person has a negative energy balance?

(A)	The person's weight will stay the same
(B)	The person will lose weight over time
(C)	The person will gain weight over time
(D)	The person should lower their calorie intake

4. The total weight of a tub of yoghurt is 500 grams. In the tub of yoghurt, there are 5 servings. How many grams is one serving?

(A)	500 grams
(B)	50 grams
(C)	100 grams
(D)	10 grams

5.

Why is it important to limit the number of empty calories that you consume?

6.

Name two factors that should be considered when estimating the energy needs of individuals.

7.

Name three examples of food from the cereals and their products food group.

8.

A 30-gram serving of oats contains 5 grams of protein, 18 grams of carbohydrates and 3 grams of fat. Calculate how many calories come from protein.

9.

In terms of dietary reference intakes, which of the following best describes the estimated average requirements (EAR)?

(A) The nutrients that meet the requirements of up to 98% of the population

(B) The highest level of nutrient intake that is likely to cause no health effects

(C) The average amount of the nutrient that is taken by healthy people

(D) The intake level that will meet the nutritional needs of 50% of the population

10.

Saif's energy input is 3500 and energy output is 2400. Calculate his energy balance and describe what will happen to his bodyweight over time.

11.	Match the following foods to the correct food group.	
	Food	Food group
	1. Banana	
	2. Bread	
	3. Fish	
	4. Yoghurt	
a) Milk and dairy products b) Fruit and vegetables c) Cereals and their products d) Meat, eggs and legumes		

12.	Which of the following factors should be considered when estimating the energy needs of individuals? Choose three.	
	(A)	Gender
	(B)	Family history
	(C)	Activity level
	(D)	Eye colour
	(E)	Age

13.	Which of the following is responsible for the growth and repair of all cells within the body?	
	(A)	Carbohydrates
	(B)	Fat
	(C)	Protein
	(D)	Sugar

14.	What is energy input?	
	(A)	The number of calories that you put into your body
	(B)	The number of calories you burn during exercise
	(C)	The number of calories it takes your body to digest food
	(D)	The average number of calories that healthy people eat

15.	Jameela's energy input is 1700 calories and her energy output is 1700 calories. What will happen to Jameela's weight over time?	
	(A)	She will gain weight over time
	(B)	She will lose weight over time
	(C)	Her weight will stay the same
	(D)	Her weight will change

16. A serving of dark chocolate contains 10 grams of fat. Calculate how many calories come from fat.

17. Fill in the blanks.
_____ is the main cause of obesity. This means that people are eating _____ food than they need in one meal. People should _____ control their food to avoid their risk of obesity.
a. portion b. more c. overeating

18. Name two foods that come from the fruit and vegetables food group.

19. A serving size of ice cream is 55 grams. Each serving size contains 230 calories. How many calories are consumed if a person eats two servings?

(A)	55 calories
(B)	110 calories
(C)	230 calories
(D)	460 calories

20. Fill in the blanks.
Healthier foods tend to have _____ calories. Eating healthy food is good for _____ management and also reduces the _____ of developing diseases.
a. fewer b. risk c. weight

21. Which of the following is a micronutrient?

(A)	Fat
(B)	Protein
(C)	Calcium
(D)	Carbohydrate

22.	Women need to eat around 2000 calories each day, while men need around _____ calories each day.	
	(A)	2000
	(B)	2500
	(C)	3000
	(D)	3500

23.	How many calories are in one gram of protein?	
	(A)	2 calories
	(B)	4 calories
	(C)	6 calories
	(D)	9 calories

24.	How many servings of fruit and vegetables should we have each day?	

25.	When someone eats more calories than they burn they are in _____ energy balance.	
	(A)	perfect
	(B)	negative
	(C)	positive
	(D)	regular

26.	A food packet weighs 100 grams. The label says that one serving is 25grams. How many servings are in the packet?	

27.	Which of the following is a vitamin that supports a healthy immune system?	
	(A)	Vitamin E
	(B)	Zinc
	(C)	Calcium
	(D)	Vitamin C

28.	Sunlight provides our bodies with _____.	
	(A)	Vitamin A
	(B)	Vitamin B12
	(C)	Vitamin C
	(D)	Vitamin D

29.	Describe one way the body uses energy/calories.

30.	Which famous landmark is used as a model for the dietary guidelines in the UAE?
	(A) Sheikh Zayed Grand Mosque
	(B) Burj Al Arab
	(C) Burj Khalifa
	(D) Ain Dubai

31.	_____ are low in calories and contain water. Orange, red and yellow coloured items from this group contain carotenes.
	(A) Fruit and vegetables
	(B) Milk and dairy products
	(C) Cereals and their products
	(D) Meat, eggs and legumes

32.	Most of the energy that people get each day should come from which food group?
	(A) Cereals and their products
	(B) Fruit and vegetables
	(C) Fats and oils
	(D) Other foods

33.	Name one macronutrient.

34.	Name one micronutrient.

35.	Mariam's energy input is 2229 calories, her energy output is 1987 calories. Calculate Mariam's energy balance.

36.	The main source of vitamin D is _____.	
	(A)	nuts
	(B)	lentils
	(C)	tomatoes
	(D)	sunlight

37.	How many calories are in one gram of fat?	
	(A)	4 calories
	(B)	6 calories
	(C)	9 calories
	(D)	12 calories

38.	A food container is 110 grams. A serving size is 55 grams. How many servings are in the container?	

39.	Which of the following items of information would you find on a food label?	
	(A)	Where the food was made
	(B)	The list of ingredients
	(C)	The serving size
	(D)	All of the options are correct

40.	Sultan calculated his energy balance to be -720 calories, which category of energy balance does Sultan belong to?	
	(A)	Positive energy balance
	(B)	Negative energy balance
	(C)	Perfect energy balance
	(D)	All of the answers are correct

41.	_____ is the process of taking energy and nutrients from food and drinks to maintain health.	
	(A)	Consumption
	(B)	Nutrition
	(C)	Calories
	(D)	Eating

42.	Which food group is grouped together because they give the body vitamins, minerals and fibre?	
	(A)	Fruit and vegetables
	(B)	Cereals and their products
	(C)	Fats and Oils
	(D)	Milk and dairy products

43.	Research carried out in the UAE on grades 10-12 has found that only _____ met their daily recommended intake of fruit and vegetables	
	(A)	10% of females and 10% of males
	(B)	40% of females and 60% of males
	(C)	21% of females and 33% of males
	(D)	50% of females and 50% of males

44.	Most of the energy (calories) people get each day should come from this food group. Foods from this food group provide carbohydrates, fibre and some vitamins.	
	(A)	Meats, Eggs and Legumes
	(B)	Cereals and their products
	(C)	Milk and their products
	(D)	Fruits and vegetables

45.	_____ have more fibre which can help to move food through the digestive system, keep you full for longer and prevent constipation..	
	(A)	Whole meal and whole grain foods
	(B)	Milks and their products
	(C)	Sugary foods
	(D)	Starchy and fatty foods

46.	This food group provides the body with protein and iron.	
	(A)	Fruits and vegetables
	(B)	Meat, Eggs and Legume
	(C)	Fats and Oils
	(D)	Cereals and their products

47.	Which mineral is required to help carry oxygen in the blood?	
	(A)	Copper
	(B)	Calcium
	(C)	Iron
	(D)	Selenium

48.	These foods are grouped together because they are rich in calcium and protein.	
	(A)	Fruits and vegetables
	(B)	Milk and dairy products
	(C)	Fats and Oils
	(D)	Meat, Eggs and Legumes

	_____ is when dairy foods have vitamin D added to them in the production process.	
	(A)	Sterilisation
	(B)	Combination

49.	(C)	Mixing
	(D)	Fortification.

50.	What is the function of fat in the body?	
	(A)	to repair body tissue and enable
	(B)	to insulate the body and protect vital organs.
	(C)	to increase body temperature
	(D)	to make the immune system stronger

51.	What are known as 'good fats' that the body needs that can be found in sunflower oil, olive oil and oily fish such as salmon and mackerel?	
	(A)	Generated and ungenerated fats
	(B)	Trans fat and saturated fats
	(C)	Monounsaturated and polyunsaturated fats
	(D)	Saturated and unsaturated fats

52.	Foods in this food group should not be eaten every day as they contain a high number of calories and have little nutritional benefit.	
	(A)	Protein
	(B)	Other foods
	(C)	Carbohydrates
	(D)	Fruits and vegetables

53.	Your body needs nutrients to:	
	(A)	give you energy
	(B)	help you to stay healthy and fight infection.
	(C)	help your brain to function properly
	(D)	All of the above

54.	What gives the body energy in the form of calories and is needed in large amounts?	
	(A)	Micronutrients
	(B)	Macronutrients
	(C)	Simple nutrients
	(D)	Large nutrients

55.	Sugar, sweets, cereals, pastries and refined breads are examples of.	
	(A)	Complex Carbohydrates
	(B)	Simple carbohydrates
	(C)	Proteins
	(D)	Vitamin and minerals

	What is mainly responsible for the growth and repair of all cells within the body, and it helps to regulate body processes?	
	(A)	Carbohydrates
	(B)	Fats

56.	(C)	Protein
	(D)	Vitamin and minerals

57.	What provides the biggest number of calories per gram of food, compared to the calories that are provided from other nutrients?	
	(A)	Fat
	(B)	Protein
	(C)	Carbohydrates
	(D)	Minerals

58.	_____ are nutrients which the body needs in small amounts compared to macronutrients.	
	(A)	Macronutrients
	(B)	Small nutrients
	(C)	Carbohydrates
	(D)	Micronutrients

59.	Which form of vitamins dissolve in water and are not stored in the body?	
	(A)	Resistant
	(B)	Fat-soluble
	(C)	Water-soluble
	(D)	Vitamin-soluble

60.	Which vitamins dissolve in fat?	
	(A)	Resistant
	(B)	Fat-soluble
	(C)	Water-soluble
	(D)	Vitamin-soluble

61.	The network of cells and chemical compounds that help the body to fight infections is known as _____.	
	(A)	The respiratory system
	(B)	The digestive system
	(C)	The circulatory system
	(D)	The immune system

62.	What is immunocompromised?	
	(A)	when there is an allergic reaction due to the immune system
	(B)	when someone has a vaccination to boost their immune system
	(C)	when the immune system is strong and able to fight off infections
	(D)	when the immune system's defences are low, making it hard to fight off infections and diseases

	Which vitamin protects against infection by keeping skin and tissues healthy?	
	(A)	Vitamin A
	(B)	Vitamin B

63.	(C)	Vitamin C
	(D)	Vitamin D

64.	Which micronutrient helps the body to make antibodies which are needed to fight against disease?	
	(A)	Vitamin B6
	(B)	Iron
	(C)	Calcium
	(D)	Vitamin D

65.	Which micronutrient is necessary for the growth, development and repair of all body tissues?	
	(A)	Vitamin D
	(B)	Calcium
	(C)	Vitamin C
	(D)	Iron

66.	Which food below provides a good way to get vitamin A, vitamin C and iron in the diet?	
	(A)	Pasta
	(B)	Spinach
	(C)	Beef
	(D)	Milk

67.	_____ are substances that people might use to add nutrients such as vitamins and minerals to their diet.	
	(A)	Medicine
	(B)	Protein supplements
	(C)	Dietary supplements
	(D)	Food additions

68.	How many calories per day should women need to eat approximately to maintain their weight and to do everyday tasks?	
	(A)	2500
	(B)	2000
	(C)	1500
	(D)	3000

69.	What are the exact daily calorie requirements dependant on?	
	(A)	Age
	(B)	Gender
	(C)	Physical activity level
	(D)	All of the above

	How many calories are there in one gram of protein?	
	(A)	9 calories

70.	(B)	4 calories
	(C)	8 calories
	(D)	2 calories

71.	The formula to calculating how many calories are from a certain macronutrient is:	
	(A)	Macronutrient (grams) ÷ Calories per gram
	(B)	Macronutrient (grams) X Calories per gram
	(C)	Macronutrient (grams) - Calories per gram
(D)	Macronutrient (grams) + Calories per gram	

72.	Which dietary reference intakes (DRI) is the amount of nutrients that meet the nutrient requirements of up to 98% of the population?	
	(A)	Recommended Dietary Allowances (RDA)
	(B)	Adequate Intakes (AI)
	(C)	Tolerable Upper Intake Level (UL)
(D)	Estimated Average Requirements (EAR)	

73.	What is the difference between energy input (the number of calories that you put into your body) and energy output (or the number of calories you burn each day)?	
	(A)	Calories
	(B)	Energy input
	(C)	Energy output
(D)	Energy balance	

74.	This state of energy balance is when the person will not gain or lose weight, as the amount of calories they consume is the same as the amount of calories they expend.	
	(A)	Negative energy balance
	(B)	Perfect energy balance
	(C)	Positive energy balance
(D)	Energy consumption	

75.	_____ is when people are consuming more calories than they are burning and may gain weight over time.	
	(A)	Negative energy balance
	(B)	Perfect energy balance
	(C)	Positive energy balance
(D)	Energy consumption	

76.	How much is enough of your serving size for piece of beef steak, cooked salmon, or grilled chicken breast?	
	(A)	about half the size of your hand
	(B)	about the size of your hand
	(C)	two hand sizes
(D)	two thumbs	

77.	Foods that have a high number of calories but they have low nutritional value from vitamins, minerals, protein and fibre are known as _____.	
	(A)	Empty calories
	(B)	Malnutrition
	(C)	Undernutrition
	(D)	Calories

78.	Pick the two correct answers: The cereals and their products food group include the following foods:	
	(A)	Bread.
	(B)	milk
	(C)	Rice
	(D)	beef

79.	Pick the two correct answers: _____ and _____ are two examples of simple carbohydrates.	
	(A)	
	(B)	
	(C)	
	(D)	

80.	Nutrition is linked to immunity and the risk of illness.	
	(A)	True
	(B)	False

81.	Which of the following is a mineral	
	(A)	Fat
	(B)	Protein
	(C)	Vitamin D
	(D)	Calcium

82.	Vitamins and minerals are	
	(A)	Macronutrients
	(B)	Micronutrients
	(C)	Macro vitamins
	(D)	Microminerals

83.	How many calories should an average healthy man eat per day	
	(A)	2000
	(B)	2500
	(C)	3000
	(D)	3500

	What is the mineral found in milk and dairy foods	
	(A)	Calcium

84.	(B)	Iron
	(C)	Zink
	(D)	Copper

85.	Poor nutrition can lead to	
	(A)	Development of diseases
	(B)	Disease prevention
	(C)	Nutrients
	(D)	A balanced diet

86.	Which famous landmark is the model used to show the national guidelines for the UAE	
	(A)	Burj Khalifa
	(B)	Burj Al Arab
	(C)	Dubai frame
	(D)	Sheikh Zayed Grand Mosque

87.	What does it mean to be hydrated	
	(A)	To drink enough water every day
	(B)	To eat foods low in fat every day
	(C)	To eat a healthy, balanced diet
	(D)	To eat a vegetarian diet

88.	Where can you find the number of calories in a food item	
	(A)	On the food label
	(B)	On the shelf it is sold from
	(C)	On the receipt from the supermarket
	(D)	Asking a member of staff

89.	What is the equation for finding energy balance	
	(A)	Energy balance = energy input – energy output
	(B)	Energy balance = energy input + energy output
	(C)	Energy balance = energy output – energy input
	(D)	Energy output = energy balance – energy input

90.	Salem is having reduced fat hummus with carrots as a snack. He does not have scales to measure a 55g serving of hummus. Which of the following could he use to measure 55g	
	(A)	Two tablespoons
	(B)	Two hand cupped together
	(C)	A small handful
	(D)	A fist

	How many calories should an average healthy woman eat per day	
	(A)	2000
	(B)	2500

91.	(C)	3000
	(D)	3500

92.	An examples of a green, leafy vegetables is	
	(A)	Spinach
	(B)	Apple
	(C)	Avocado
	(D)	Pepper

93.	A food label says that the packet contains 4 servings. The total weight of the packet is 100 grams. What is the weight of 1 serving	
	(A)	25 grams
	(B)	50 grams
	(C)	75 grams
	(D)	100 grams

94.	Which macronutrient is responsible for growth and repair of cells within the body	
	(A)	Carbohydrates
	(B)	Protein
	(C)	Fat
	(D)	All of the above

95.	Sultan has an energy balance of 0. What does this means	
	(A)	He has perfect energy balance and he will neither gain or lose weight
	(B)	He has perfect energy balance and he will lose weight over time
	(C)	He has positive energy balance and he will gain weight over time
	(D)	He has negative energy balance and he will lose weight over time

96.	Which type of fat should be limited in the diet	
	(A)	Saturated fats
	(B)	Monounsaturated fats
	(C)	Polyunsaturated fats
	(D)	Unsaturated fats

97.	Identify which food group is being described: these food are rich in calcium and protein which are important for strong bones and muscle contractions	
	(A)	Fruit and vegetables
	(B)	Milk and dairy
	(C)	Fats and oils
	(D)	Meat, eggs and legumes

98.	Which of the following is a food source of vitamin D	
	(A)	The sun
	(B)	Eggs
	(C)	Chicken

(D)	cheese
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99.	Khalifa and Ahmed are 28 years old. Khalifa plays basketball every day for a club and his body is muscular. Ahmed does not play sports but he likes to go for a walk on Friday. Who should eat more calories each day	
	(A)	They should eat the same
	(B)	Ahmed
	(C)	Khalifa
	(D)	The should reduce their intake of calories

100.	Which type of nutrient does the body need in large amounts	
	(A)	Macronutrients
	(B)	Micronutrients
	(C)	Minerals
	(D)	Vitamins

101.	Which of the following is a general dietary guideline	
	(A)	Increase intake of foods that are high in fat
	(B)	Increase intake of foods that have high sugar content
	(C)	Reduce intake of fruit and vegetables
	(D)	Reduce intake of foods that are high in salt

102.	What is the average size of portion of fruit and vegetables	
	(A)	The amount you can fit in one hand
	(B)	The amount you can fit in two hands cupped together
	(C)	The size of two thumbs
	(D)	Have of the size of your hand