Level 2 Award in Healthier Foods and Special Diets

Sample Examination Questions

1. The main function of protein in the diet is to:
   A. provide fat soluble vitamins
   B. regulate body functions
   C. build and repair body tissue
   D. supply water soluble vitamins

2. Which of the following is a useful source of plant protein in the diet of a vegetarian?
   A. Spring cabbage
   B. Stewed apples
   C. Roast potatoes
   D. Baked beans

3. The current standards recommend that lunches for primary school children must contain at least one item of starchy foods. Which of the following foods would meet that requirement?
   A. Potatoes
   B. Green beans
   C. Oranges
   D. Tomatoes

4. The reason why pregnant women should take care not to eat too much oily fish is because oily fish can contain high levels of:
   A. protein
   B. mercury
   C. iron
   D. fat

5. An E number shows that a food additive:
   A. contains vitamin E
   B. has been approved for use in the European Community
   C. has been approved for use in England
   D. comes from eggs

6. Which of the following is one of the ‘big eight’ most common foods known to cause an allergic reaction?
   A. cabbage
   B. beef
   C. eggs
   D. barley