MULTIPLE CHOICE
QUESTION PAPER

YMCA awards

Paper number:	**Time allocation:**
SAMPLE 2 Please ensure that this paper number is referenced on your candidate answer sheet	15 minutes

Title:

Level 3 Nutrition to Support Physical Activity (L/616/4753) Sample Assessment Materials

Student:
XXXXXX Sample 2

Special Instructions:

Before you begin, please **check that your name is shown above AND on your answer sheet**. If you have someone else's exam paper or answer sheet, please let your invigilator know before starting the assessment.

This assessment contains 10 multiple-choice questions. You need to correctly answer 7 out of 10 questions (70%) to pass this assessment.

Each question is worth one mark. You should select one response (a, b, c or d) for each question and record this on your personalised answer sheet. If you need to change any of the answers you have given, delete your response by completely filling in the box and then select the response you prefer. Circle the new response to make it clear that this is the answer you would like marked. **Please do not write on the question paper**.

Try to answer all questions and check your responses, if you have time to do so.

YOUR QUESTION PAPER AND ANSWER SHEET MUST NOT BE REMOVED FROM THE EXAM ROOM

Q1 What is the calorific value of protein?

    a)   4 kcal/g

    b)   5 kcal/g

    c)   6 kcal/g

    d)   7 kcal/g

Q2 In the energy balance equation, what would be the cause of weight gain?

    a)   Energy in is greater than energy out

    b)   Energy out is greater than energy in

    c)   Energy in is less than energy out

    d)   Energy in is equal to energy out

Q3 What vitamin may be deficient in people who have little sunlight exposure?

    a)   Vitamin B

    b)   Vitamin C

    c)   Vitamin D

    d)   Vitamin K

Q4 Why is it healthier to prepare your own food rather than buying take-aways or pre-prepared foods?

    a)   Bigger portions can be prepared

    b)   More carbohydrates can be added

    c)   Healthier cooking methods can be chosen

    d)   More protein can be added

Q5 Which one of the following contain simple carbohydrate?

    a)   Meat

    b)   Fruits

    c)   Fish

    d)   Vegetables

Q6 What is the name of the process of converting muscle protein to glucose?

    a)   Oxidation

    b)   Kreb's cycle

    c)   Gluconeogenesis

    d)   Glycolysis

Q7 Which of the following healthy eating guidelines is the **most important** for clients with a weight loss goal?

    a)   Limit foods high in fat and sugar

    b)   Drink six-to-eight cups/glasses of fluid every day

    c)   Base meals on starchy carbohydrates

    d)   Have some dairy or dairy alternatives every day

Q8 What type of food packaging label shows a visual representation of the fat, saturated fat, salt and sugar in the contents?

    a)   Warning sign labelling

    b)   Stop and go labelling

    c)   High and low labelling

    d)   Traffic light labelling

Q9 What organisation is the professional association and trade union for UK dietitians?

    a)   The Food Standards Agency

    b)   The Health and Care Professions Council

    c)   The British Dietetic Association

    d)   The Association for Nutrition

Q10 Which of the following would be the most reliable source of nutritional information for sports people?

a) Sports websites

b) Scientific nutrition journals

c) Sports magazines

d) Sports club leaflets

Important! *The form should be completed IN CAPITAL LETTERS using a BLACK ballpoint pen. Characters and marks used should be similar to:*

A,B,C,D,E,F,G,H,I,J,K,L,M,N,O,P,Q,R,S,T,U,V,W,X,Y,Z,1,2,3,4,5,6,7,8,9,0

To select a checkbox:
☒ *or* ☑

YMCA Awards Theory Paper

This candidate answer sheet must be used with a paper in the following structure:

10 Questions

0000000000000

Site Code: SAM001/001   **Assessment Date: 01/03/2018**

Paper: Sample 2   **Student: XXXXXX Sample 2**

Q1	a ☐	b ☐	c ☐	d ☐
Q2	a ☐	b ☐	c ☐	d ☐
Q3	a ☐	b ☐	c ☐	d ☐
Q4	a ☐	b ☐	c ☐	d ☐
Q5	a ☐	b ☐	c ☐	d ☐
Q6	a ☐	b ☐	c ☐	d ☐
Q7	a ☐	b ☐	c ☐	d ☐
Q8	a ☐	b ☐	c ☐	d ☐
Q9	a ☐	b ☐	c ☐	d ☐
Q10	a ☐	b ☐	c ☐	d ☐

Invigilator Name (**must** be clearly printed)

Invigilator Signature (Please keep inside box)

Candidate Signature (Please keep inside box)

2 103344 690215