**HSC Questions - Functional Foods**

**Multiple Choice**

**2015 Trial**

1. Why is dietary fibre considered to be an active non-nutrient?
   
   (A) It has anti-inflammatory properties but is not stored as fat.
   (B) It is broken down in the body to provide energy.
   (C) It acts to stop low density lipoproteins breaking apart.
   (D) It is not absorbed but is beneficial to the digestive system.

**2011 HSC**

2. Which of the following is an active non-nutrient?

   (A) Fat
   (B) Fibre
   (C) Protein
   (D) Sugar

**2012 HSC**

3. A diet high in cholesterol is most likely to lead to disease in which organ of the body?

   (A) Heart
   (B) Kidney
   (C) Liver
   (D) Pancreas
4. Diverticular disease is caused by increased pressure inside the colon, often as a result of constipation.

Which of the following is most likely to be a dietary cause of this condition?

(A) Low iron intake
(B) Low fibre intake
(C) High levels of fat consumption
(D) High levels of protein consumption

5. Which of the following foods has the lowest Glycaemic Index (GI)?

(A) Potato
(B) Popcorn
(C) Rolled Oats
(D) White bread

6. Which health issue is supported by Coeliac Australia?

(A) Diabetes
(B) Colon Cancer
(C) Gluten Intolerance
(D) Lactose Intolerance

2013 HSC

7. Kim’s diet consists primarily of meat and dairy products.

From which disorder related to undernutrition is Kim most likely to suffer?

(A) Anaemia
(B) Constipation
(C) Hypertension
(D) Osteoporosis

8. In the manufacture of bread, what must be added to wheat flour under Australian mandatory fortification standards?

(A) Folic acid and iron
(B) Iodine and thiamine
(C) Vitamin D and calcium
(D) Thiamine and folic acid
2014 HSC

9. Which active non-nutrient is a common component of yoghurt?

(A) Fibre  
(B) Probiotics  
(C) Antioxidants  
(D) Phytochemicals

10. Hypoglycaemia is associated with which of the following conditions?

(A) Obesity  
(B) Diabetes  
(C) Food Allergies  
(D) Cardiovascular Disease

11. Which of the following best illustrates a government initiative designed to promote nutritional health?

(A) Subsidies for personal trainers  
(B) Funding of workplace dieticians  
(C) The Australian Dietary Guidelines  
(D) The National Heart Foundation ‘Tick’

12. Which of the following is a functional food?

(A) Soy and linseed biscuits  
(B) Seedless watermelon  
(C) Air popped popcorn  
(D) Low fat milk

2015 Trial

13. What food combinations would assist a person with a vegan diet to meet their protein needs?

(A) Baked beans on wholegrain toast  
(B) Poached eggs, spinach on rye bread  
(C) Orange juice and green leafy vegetables eaten at the same meal  
(D) Meal replacement protein powder in milk
14. Which of the following is an example of a nutritionally modified food?

(A) Low fat milk  
(B) Organic yoghurt  
(C) Parmesan cheese  
(D) Chocolate flavoured milk

15. Which of the following is the primary benefit of consuming food products rich in probiotics?

(A) Reduced fatigue  
(B) Improved memory  
(C) Increased gut flora  
(D) Improved cardiovascular health

16. Consuming foods with a low glycaemic index is useful in the management of which condition?

(A) Diabetes  
(B) Osteoporosis  
(C) Hypertension  
(D) Coronary Heart Disease

2015 CSSA Trial

17. Which of the following is a functional food?

(A) Long life homogenised milk  
(B) Free range eggs  
(C) Bread with added iron  
(D) Dolphin-safe tuna

18. Which of the following enhances gut functioning?

(A) Probiotics  
(B) Antioxidants  
(C) Oestrogen  
(D) Omega 3 fatty acids
19. What type of food is fibre enriched bread?

   (A) Modified processed
   (B) Phytochemical
   (C) Antioxidant
   (D) Probiotic

20. Bread, which has been fortified with vitamins and minerals, is classified as which type of food?

   (A) Organic
   (B) Genetically modified
   (C) Functional
   (D) Specialised

/20 Marks

Short Answers

2012 Trial

21. Identify an active non nutrient AND outline its role in the promotion of good health.   (3 Marks)

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22. Compare the role of probiotics and dietary fibre in the body and include food sources of each. 

(6 Marks)