

Unit 1: Getting the right balance

Name _____

Answer T or F

1. In the Garden of Eden God told Adam and Eve to eat only plants.
2. Composting and manuring provides food crops with more nutrients than chemical fertilizers.
3. Olive oil is beneficial omega 3 oil.
4. Margarine is a good fat.
5. Saturated fats are always bad fats.
6. Sugar and white flour are refined carbohydrates.
7. Brown rice and lentils are complex carbohydrates.
8. We should eat an equal amount of fruit and vegetables each day.
9. It is best to eat fruit immediately following a heavy meal.
10. Green leafy vegetables can help to build bones.

Answer each question with a single word:

11. Transfats are vegetable oils that have been heated to _____ temperatures. (high/low)
12. A good brain food is _____.
13. The food group for muscle building is _____ . (carbohydrates, proteins, fats)
14. An example of a food that provides protein is _____.
15. An example of a food that provides carbohydrate is _____.
16. Carbohydrates provide our bodies with e _____.

17. Antioxidants in fruits and vegetables help fight d _____.

Circle the correct answer:

18. Amino acids are:

- a) digestive enzymes
- b) the building blocks for proteins
- c) fatty acids

19. An adequate daily protein intake in gram is:

- a) Your weight in kilos plus 100
- b) Your height in metres minus 100
- c) Your height in cm. minus 100

20. Carbohydrates that exceed the body's energy requirements get stored:

- a) as fat
- b) as protein
- c) in the brain

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Score:

Unit 2: Digestion, diets and addictions

Name _____

Answer T or F

1. Very low-carb diets are suitable as long-term diets.
2. A very low-fat diet is the best diet for losing weight.
3. Diet pills may prevent us from absorbing the important fat soluble vitamins A, D, E & K.
4. Complex carbohydrates give you more sustained energy than refined carbohydrates.
5. Drinking with meals is beneficial because it helps to wash the food down.
6. Eating a large meal in the evening is best for losing weight.
7. A cup of coffee before bed helps you to have a good night's sleep.

Answer each question with a single word:

8. Eating cane sugar and white flour products cause a rapid rise/fall in blood sugar. _____
9. The "high" that sugar gives depletes the body of vitamins and _____.
10. For good digestion it is important to _____ food well.
11. An example of a lifestyle disease is _____
12. The constant cycle of "highs" and "lows" brought about by caffeine can have the effect of making us feel _____.
13. Sources of caffeine are coffee, regular tea, chocolate and _____.
14. It is best not to snack in between meals so that the digestive system can _____.

15. If you are *really* in need of a snack in between meals, then a good one to have is _____.
16. People sometimes eat comfort foods, not because they are hungry, but because they feel _____.
17. An example of an addictive food is _____.
18. A sensible eating diet includes plenty of _____, fruits, complex carbohydrates, good quality protein and good fats.

Circle the correct answer:

19. For good digestion and sustained energy throughout the day, eat:
- a) a small breakfast, a small lunch and a large dinner.
 - b) a large breakfast, a good healthy lunch and a light or early dinner.
 - c) a light breakfast, a large lunch and a large dinner.
20. Anaphylaxis is:
- a) a life-threatening allergic response to a particular food
 - b) an intolerance to a food such as gluten in wheat
 - c) a weight-loss diet

Score:

Unit 3: Toxins

Name _____

Answer T or F

1. Chemical food additives in the RED category of the *Food Additives Decoder* will have an immediate negative effect.
2. Chemical food additives in the RED category of the *Food Additives Decoder* are always red in colour.
3. Some chemical food additives upset the beneficial bacteria in the gut.
4. There are links between some food additives and allergies.
5. A toxin is a substance that has a negative effect on our health.
6. The body usually gets rid of most toxins through the elimination system.
7. Toxic overload is when there are too many toxins for the elimination system to cope with.
8. The skin prevents all external chemicals from passing into the bloodstream.
9. Food additives listed in the GREEN category of the *Food Additives Decoder* are safe.
10. People who have a food allergy to peanuts can face death if they eat peanuts.
11. Food intolerances are just as common today as they were 50 years ago.
12. MSG can be found in ice-cream

Answer each question with a single word:

13. Many people have an intolerance to _____.
14. We might find MSG in _____
15. Name a safe alternative to toxic cleaning products
_____.
16. We can avoid using flyspray by using a fly _____
17. Preservative 282, a common preservative in bread may cause _____ in some people.

Circle the correct answer:

18. What is aspartame?
 - a) a preservative
 - b) an artificial colouring
 - c) an artificial sweetener

19. What is MSG?
 - a) a flavour enhancer
 - b) an artificial colouring
 - c) an artificial sweetener

20. Thousands of chemicals were released into the environment
 - a) soon after World War 1
 - b) soon after World War 2
 - c) 200 years ago

Score:

Unit 4: Fit to serve

Name _____

Answer T or F

1. Exercise can help maintain a good fat to muscle ratio.
2. You can live for only 14 days without water.
3. Water is essential to brain function.
4. We should drink between meals.
5. The most important aspect of fitness is cardiac-respiratory health.
6. Playing computer games just before going to bed may interfere with sleep.

Answer each question with a single word:

7. We can keep physically fit by a good diet and _____.
8. Fizzy drinks can weaken bones because they are too acidic/alkaline. _____.
9. Teenagers and adults need _____ glasses of water per day.
10. Fitness gives you energy, a positive outlook on life, physical stamina and reduced risk of _____.
11. An exercise to improve cardiac fitness is _____.
12. An exercise to improve muscle strength is _____.
13. To fall asleep at night we need to feel _____.
14. Teenagers and adults need at least _____ hours of sleep per night.

15. New Start stands for nutrients, _____, water, _____, toxin free, _____, rest and trust in God. (3 marks)

16. BMI stands for:

- a) body max indicator
- b) body margin indicator
- c) body mass index

17. The equation for calculating BMI is:

- a) weight in kg. divided by height in metres²
- b) height in cm divided by weight in kg²
- c) weight in kg multiplied by height in metres²

18. People with the following BMI are at high risk for contracting lifestyle diseases:

- a) >18
- b) >25
- c) >20

Score:

Answers

Unit 1

1. T
2. T
3. F
4. F
5. F
6. T
7. T
8. F
9. F
10. T
11. high
12. omega 3 oil, omega 6 oil, fish oil, olive oil, carbohydrates
13. protein
14. meat, fish, eggs, dairy products, nuts, seeds, lentils (legumes)
15. fruit, vegetables, grains, legumes
16. energy
17. diseases
18. b
19. c
20. a

Unit 2

1. F
2. F
3. T
4. T
5. F
6. F
7. F
8. rise
9. minerals
10. chew
11. cancer, diabetes, heart disease
12. tired, exhausted
13. cola drinks
14. rest; complete the digestion
15. fruits
16. depressed, sad, unhappy, worried
17. sugar, white flour products
18. vegetables
19. b
20. a

Unit 3

1. F
2. F
3. T
4. T
5. T
6. T
7. T
8. F
9. T
10. T
11. F
12. F
13. wheat, gluten, dairy
14. salty processed foods e.g. packet soups, savoury shapes, savoury snacks, Chinese take-away
15. carb soda, vinegar
16. swat
17. hyperactivity
18. c
19. a
20. b

Unit 4

1. T
2. F
3. T
4. F
5. T
6. T
7. exercise/exercising
8. acid
9. 8
10. disease
11. running, walking, aerobics, swimming
12. weight-bearing exercises like weight-lifting, push-ups, digging, gymnastics, pilates
13. relaxed
14. 9
15. exercise, sunlight, air
16. c
17. a
18. b