Cookery for the Hospitality Industry

**Test: Chapter 6 – Nutrition**

**Multiple-choice questions**

Highlight or circle the correct answer, or enter your answer in the space provided. Note that some multiple-choice questions may have more than one correct answer.

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| **1.In Australia energy is measured in:** |
| a | Kilojoules |
| b | Calories |
| c | Kilos |
| d | Grams |
| Answer: a |

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| **2.Alternatives to meat, fish and poultry as sources of protein are:** |
| a | Eggs |
| b | Shellfish |
| c | Legumes |
| d | All of the above |
| Answer: d |

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| **3.Which of the following fish is not an ‘oily’ fish?** |
| a | Herring |
| b | Sardines |
| c | Whiting |
| d | Pilchards |
| Answer: c |

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| **4.Common salt is known as:** |
| a | Sodium hydroxide |
| b | Sodium chloride |
| c | Sodium nitrate |
| d | Sodium bismuthate |
| Answer: b |

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| **5.A customer with coeliac disease may eat:** |
| a | Everything on a standard menu but in smaller portions |
| b | Menu items that are low in fat and sugar |
| c | Menu items without wheat, rye, barley or oats |
| d | Menu items with wheat, rye, barley or oats |
| Answer: c |

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| **6.A customer on a low-cholesterol diet should be served:** |
| a | Meals low in saturated fats |
| b | Chicken with the skin removed |
| c | Meals that have been made using the deep frying method |
| d | Offal |
| Answer: a, and b  |

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| **7.A customer on a high-fibre diet should be served:** |
| a | Sauces made from white, refined flour |
| b | Savoury and sweet dishes that have had dried fruits added |
| c | Larger quantities of vegetables |
| d | Wholemeal or whole grain breads |
| Answer: b, c and d |

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| **8.Which of the following applies to the food served for a high-energy diet?** |
| a | Foods high in fat and high in carbohydrates |
| b | Foods high in fat and low in carbohydrates |
| c | Foods low in fat and high in carbohydrates |
| d | Foods low in fat and low in carbohydrates |
| Answer: c |

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| **9.Which of the following is not a tree nut:** |
| a | Peanuts |
| b | Almonds |
| c | Cashews |
| d | Walnuts |
| Answer: a |

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| **10.Which of the following animal meats are restricted for Jewish customers?** |
| a | Cattle meat |
| b | Goat meat |
| c | Pork meat |
| d | Sheep meat |
| Answer: c |

**True or false questions**

Highlight or circle the correct answer, or enter your answer in the space provided.

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| **Answer true or false about the nutritional value of certain foods.** |
| 1. Meat, fish and poultry are the main sources of protein. | True | False |
| 2. Dairy products are important for the supply of vitamins that enable the body to have strong bones and teeth. | True | False |
| 3. Milk, tea, coffee and fruit juice should not be considered part of the daily water intake. | True | False |
| 4. Natural sugars can be obtained from fruit, milk and cereals. | True | False |
| 5. Increasing the addition of coriander, cumin, ginger will enhance flavours and can reduce salt intake. | True | False |
| Answers: True, False, False, True, True |

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| **Answer true or false regarding the effects on nutrients of processing, storage and cooking of food.** |
| 6. Vitamin C found in fruit and vegetables is destroyed by heat and is sensitive to oxygen. | True | False |
| 7. Vitamin A is unstable when cooked and there is significant loss in fruit and vegetables. | True | False |
| 8. Vitamin B and C are lost in canning and freezing. | True | False |
| 9. Refined grains removes a significant amount of fibre | True | False |
| 10. The nutrients in eggs are significantly altered when they are cooked | True | False |
| Answers: True, False, True, True, False |

**Short-answer questions**

Enter your answer in the space provided.

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| **1.Name the six essential nutrients.** |
| Carbohydrates, proteins, lipids ( fats and oils), vitamins, minerals, water |

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| **2.From which nutrients do we obtain energy?** |
| Carbohydrates, proteins and lipids |

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| **3.What role do vitamins and minerals play in the body?** |
| Repair of cells and tissues; absorption of nutrients |

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| **4.Name five foods from which we can obtain calcium.** |
| Dairy products – milk, yoghurt, cheeseSardines and tinned fish with bones, almonds, fortified soy milk |

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| **5.Legumes are a good source of …** |
| Protein, iron and fibre |

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| **6.Which food group assists in lowering blood cholesterol and regulation of the absorption rate of glucose into the blood stream?** |
| Cereal group, especially wholegrain cereals |

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| **7.Name three healthy oils that are derived from plants that are unsaturated fats** |
| Olive oil, sunflower oil, safflower oil, corn oil |

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| **8.Why is water important for a healthy body?** |
| Water is essential for digestion, for regulating bodily temperature and for the elimination of waste. |

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| **9.What foods cannot be served to vegans?** |
| Vegans do not consume any animal-based products, in any form. This includes dairy products and any animal fat use in the manufacturing or cooking of the vegetables. |

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| **10.What foods can be served to lacto-ovo-vegetarians?** |
| Present legumes, nuts, fruits, cereals, eggs and dairy products in combination with fresh vegetables and salads. Lacto-ovo-vegetarians do not eat meats of any type, including seafood but do eat dairy products and eggs. |