

Unit 7: Food and Fitness

Revision quiz

- 1) Give two sources of sugars in the diet. (2)
- 2) Give two sources of non-starch polysaccharide in the diet. (2)
- 3) What is the main function of carbohydrates in the diet? (1)
- 4) Explain THREE functions of non-starch polysaccharide in the diet. (3)
- 5) Explain the difference between saturated and unsaturated fatty acids (1)
- 6) Give THREE functions of fat in the diet. (3)
- 7) Give THREE animal sources of protein foods in the diet. (3)
- 8) Give THREE functions of protein in the body. (3)
- 9) Which vitamin is needed to aid the absorption of iron in the body? (1)
- 10) Which vitamin is needed to aid the absorption of calcium in the body? (1)
- 11) What is Iodine required for in the human body? (1)
- 12) What is Vitamin A required for in the human body? (1)
- 13) What is Vitamin C required for in the human body? (1)
- 14) Give a detailed definition of Aerobic fitness. (3)
- 15) Give THREE factors that can affect aerobic fitness. (3)
- 16) Give THREE short term effects of exercise on the body. (3)
- 17) Give THREE long term effects of exercise on the body. (3)
- 18) Explain the term 'dynamic strength' in regard to muscle fitness. (1)
- 19) State TWO psychological effects of regular exercise. (2)
- 20) Briefly explain 'atherosclerosis'. (2)
- 21) Briefly explain 'hypertension'. (2)
- 22) What is insulin? What is needed for in the body? (2)
- 23) State FOUR barriers to participation in regular exercise. (4)
- 24) State FOUR areas of good practice in relation to safety in physical exercise (4)
- 25) Give TWO limitation of the use of height/weight charts/monitoring tables. (2)
- 26) What is the control mechanism which helps to maintain the body's internal environment? (1)
- 27) What is the body's natural pace maker called? (1)
- 28) What is the hormone that makes the heart beat faster? (1)
- 29) Give THREE ways in which the body combats being cold. (3)
- 30) What is the normal range of internal body temperature? (1)
- 31) Explain the terms 'diastolic' and 'systolic', in relation to blood pressure. (2)
- 32) Describe maximum strength, in relation to muscular fitness.
- 33) Give two sources of foods rich in vitamin C.
- 34) What are the three units of measurement used in VO₂ max.
- 35) A person has a BMI of 29kg/m². What category are they in?

- 36) When using a peak flow meter to measure how fast air can be exhaled, what is the range for a normal adult?**
- 37) Two individuals complete the same exercise task, on the perceived exertion scale, one individual states an exertion score of 7, whilst another states a score of 18. What does this tell us about the two individuals?**
- 38) Give two reasons why exercise can help with slowing down the aging process.**