



# Level 2 Award in Healthier Foods and Special Diets

## Sample Examination Questions

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**1** The main function of protein in the diet is to:

- A  provide fat soluble vitamins
- B  regulate body functions
- C  build and repair body tissue
- D  supply water soluble vitamins

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**4** The reason why pregnant women should take care not to eat too much oily fish is because oily fish can contain high levels of:

- A  protein
- B  mercury
- C  iron
- D  fat

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**2** Which of the following is a useful source of plant protein in the diet of a vegetarian?

- A  Spring cabbage
- B  Stewed apples
- C  Roast potatoes
- D  Baked beans

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**5** An E number shows that a food additive:

- A  contains vitamin E
- B  has been approved for use in the European Community
- C  has been approved for use in England
- D  comes from eggs

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**3** The current standards recommend that lunches for primary school children must contain at least one item of starchy foods. Which of the following foods would meet that requirement?

- A  Potatoes
- B  Green beans
- C  Oranges
- D  Tomatoes

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**6** Which of the following is one of the 'big eight' most common foods known to cause an allergic reaction:

- A  cabbage
- B  beef
- C  eggs
- D  barley



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