



Health Sciences Skills Check Unit 6 Grade 11 Advanced

Instructions: Teachers are to select five of the following questions for skills check 1 and insert them into the skills check template. Each question is worth 1 mark. Students must correctly answer all parts of the question, where appropriate, to gain 1 mark. Students who answer 1 or more parts of the question wrong will be awarded 0 marks for that question.

1.	Which food group contains foods that are rich in calcium and protein?	
	(A)	Fruit and vegetables
	(B)	Cereals and their products
	(C)	Milk and dairy products
	(D)	Fats and oils

2.	There are 4 calories per gram of protein. Use this to work out how many calories come from 8 grams of protein.	
	(A)	2 calories
	(B)	4 calories
	(C)	10 calories
	(D)	32 calories

3.	Which of the following is the equation for finding energy balance?	
	(A)	Energy balance = energy input – energy output
	(B)	Energy balance = energy input + energy output
	(C)	Energy balance = energy output – energy input
	(D)	Energy input = energy balance – energy input

4.	Write one function of fat in the body.	

5.	Which of the following statements is true about having a positive energy balance?	
	(A)	The calorie intake is the same as the amount of calories burned
	(B)	Over time, the person will lose weight
	(C)	The person is eating less calories than they burn
	(D)	Over time, the person will gain weight
6.	Nuts and seeds such as cashews contain vitamin B6 which is needed to support a healthy immune system.	
	(A)	True
	(B)	False
7.	When talking about dietary reference intakes. what does the acronym RDA mean?	
	(A)	Real dietary advice
	(B)	Required dairy adaptations
	(C)	Recommended daily allowance
	(D)	Recommended dietary allowances
8.	The amount of energy and nutrients a person needs will depend on their _____.	
	(A)	Hair colour
	(B)	Location
	(C)	Physical activity level
	(D)	English language ability
9.	List two items of information you can find on a food label.	
10.	Which of the following is the most accurate way to measure portion sizes of food?	
	(A)	Weighing scales
	(B)	Hands
	(C)	Spoons
	(D)	Plates

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