



Health Sciences Skills Check Unit 6 Grade 11 General

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 of the following is a micronutrient?	
	(A)	Fat
	(B)	Protein
	(C)	Calcium
	(D)	Carbohydrate

2.	Women need to eat around 2000 calories each day, while men need around _____ calories each day.	
	(A)	2000
	(B)	2500
	(C)	3000
	(D)	3500

3.	How many calories are in one gram of protein?	
	(A)	2 calories
	(B)	4 calories
	(C)	6 calories
	(D)	9 calories

4.	How many servings of fruit and vegetables should we have each day?	

5.	When someone eats more calories than they burn they are in _____ energy balance.	
	(A)	perfect
	(B)	negative
	(C)	positive
	(D)	regular

6.	A food packet weighs 100 grams. The label says that one serving is 25 grams. How many servings are in the packet?	

7.	Which of the following is a vitamin that supports a healthy immune system?	
	(A)	Vitamin E
	(B)	Zinc
	(C)	Calcium
	(D)	Vitamin C

8.	Sunlight provides our bodies with _____.	
	(A)	Vitamin A
	(B)	Vitamin B12
	(C)	Vitamin C
	(D)	Vitamin D

9.	Describe one way the body uses energy/calories.	

10.	Which famous landmark is used as a model for the dietary guidelines in the UAE?	
	(A)	Sheikh Zayed Grand Mosque
	(B)	Burj Al Arab
	(C)	Burj Khalifa
	(D)	Ain Dubai