



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.

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| 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 |

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| 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 |

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| 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 |

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| 4. | Write one function of fat in the body. | |
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| 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 |

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| 6. | Nuts and seeds such as cashews contain vitamin B6 which is needed to support a healthy immune system. | |
| | (A) | True |
| | (B) | False |

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| 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 |

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| 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 |

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| 9. | List two items of information you can find on a food label. | |
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| 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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