



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?	

	<p>When someone eats more calories than they burn they are in _____ energy balance.</p> <p>5. (A) perfect (B) negative (C) positive (D) regular</p>
	<p>A food packet weighs 100 grams. The label says that one serving is 25 grams. How many servings are in the packet?</p> <p>6.</p>
	<p>Which of the following is a vitamin that supports a healthy immune system?</p> <p>7. (A) Vitamin E (B) Zinc (C) Calcium (D) Vitamin C</p>
	<p>Sunlight provides our bodies with _____.</p> <p>8. (A) Vitamin A (B) Vitamin B12 (C) Vitamin C (D) Vitamin D</p>
	<p>Describe one way the body uses energy/calories.</p> <p>9.</p>
	<p>Which famous landmark is used as a model for the dietary guidelines in the UAE?</p> <p>10. (A) Sheikh Zayed Grand Mosque (B) Burj Al Arab (C) Burj Khalifa (D) Ain Dubai</p>