

2011 National Nutrition Quiz Final

Individual Round

Section 1

1. Which of the following foods is the richest source of sugar?
- a) tomato ketchup
 - b) salad dressing
 - c) peanut butter

Ans. A Tomato Ketchup

2. Which of the following foods is the poorest source of calcium?
- a) Breadfruit
 - b) Irish Potato
 - c) Cassava

Ans. B Irish Potato

3. Which of the following is the richest source of potassium?
- a) Breadfruit
 - b) Cassava
 - c) Sweet Potato

Ans. B cassava

4. Which of the following foods is the richest source of vitamin C?
- a) Mango
 - b) Guava
 - c) Cantaloupe

Ans. B Guava

5. Which of the following foods is the richest source of calcium?
- a) Goat's milk
 - b) Whole cow's milk
 - c) Soy milk

Ans. A Goat's Milk

6. Which of the following foods is the poorest source of cholesterol?
- a) Beef tenderloin
 - b) Beef tongue
 - c) Beef mince

Ans. A Beef tenderloin

7. Which of the following foods is the richest source of Zinc
- a. Oatmeal
 - b. Spinach
 - c. Beef liver

Ans. C Beef liver

8. Which of the following foods is the poorest source of fiber
- a. Beef
 - b. Broccoli
 - c. Brown bread

Ans. A Beef

9. Which of the following is the poorest source of iron
- a. Beef
 - b. Beef liver
 - c. Spinach

Ans. C Spinach

10. Which of the following is the poorest source of protein.
- a. Soy bean
 - b. Brown Rice
 - c. Whole wheat flour

Ans. C Whole wheat flour

11. Which of the following is the richest source of trans fatty acid
- a. margarine
 - b. coconut oil
 - c. olive oil

Ans. A Margarine

12. Which of the following food group is the richest source of B vitamins
- a. Staples
 - b. Legumes
 - c. Vegetables

+ Ans. B Le~umes

Section 2

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1. A quarter of a cup of chocolate milk contains 4 grams of protein, how many calories", would be in one cup?
Ans: 64
2. A scoop of soursop ice-cream contains 4 teaspoons of sugar, how many calories does the sugar provide?
Ans: 80
3. A slice of cheese cake has 20 grams of fat and provides 300 calories, how many calories do not come from fat in the cheese cake?
Ans: 120
4. A bottle of soda contains 10 teaspoons of sugar. How many calories would 2 ~ bottles contain?
Ans: 500 calories
5. A glass of peanut punch contains 20 grams of protein. How many calories from protein are in half a glass of peanut punch?
Ans: 40 calories
6. Three tablespoons of lard was used in the preparation of the dough to make jonny cakes, how-many calories does the lard provide?
Ans: 405 calories
7. A loaf of bread has 50 grams Carbohydrates and provides 350 calories, how many calories do not come from Carbohydrate?
Ans: 150 calories
8. An egg which provides 80 calories has 5 grams of fat. How many calories do not come from the fat in the egg?
Ans: 35 Calorie
9. A bowl of assorted nuts has 60 grams of carbohydrates and provides 400 calories .
. How many calories do not come from carbohydrates?
Ans: 160"

10. A glass of wine has 10 grams of alcohol; how many calories in the wine are from alcohol?

Ans. 70 calories

11. One beer contains 10 grams of alcohol; how many calories from alcohol would be in 6 beers?

Ans. 420 calories

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12. A cheese sandwich contains 15 grams fat, 20 grams carbohydrates and 8 grams protein: how many calories are in the cheese sandwich?

Ans. 246

Section 3

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1. How many pounds is 3 ~ cups of lard equivalent to?

Ans. 1/8 lbs

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2. How many ounces is 2 cups of flour equivalent to?

Ans. Approx. 8 oz

3. How many pounds are 4 ~ cups of granulated sugar equivalent to?

Ans. 2 1/4 lb

4. How many cups are 6 sticks of margarine equivalent to?

Ans. 3 Cups

5. How many cups are 2 pounds of rice equivalent to?

Ans. 4 cups

6. How many ounces are 3 tablespoons of granulated sugar equivalent to?

Ans. 1 1/2 ozs

7. How many kilograms are 5 pounds of dasheen equivalent to?

Ans. 2.27 kilograms

8. How many grams are equivalent to 1 pound of fish?

Ans. 454 Grams

9. How many fluid ounces are equivalent to 1 gallon?

Ans. 128

10. How many pounds are 4 cups of margarine equivalent to
Ans. 2 pounds
11. How many cups are 2 ounces of bread crumbs equivalent to
Ans. $\frac{1}{2}$ cup
12. How many cups are in 500 milliliters of water
Ans. 2 cups

Section 4

True False

1. Magnesium is needed for bone growth.
Ans. True
2. Vitamin C helps to prevent cell damage.
Ans. True
3. Riboflavin helps in the formation of Thiamin.
Ans. False
4. Sulphur is needed for healthy skin.
Ans. True
5. Vitamin B12 helps the body use amino acids.
Ans. True
6. Thiamine is needed for healthy skin.
Ans. False
7. Folic acid helps in the absorption of Carotene.
Ans. False
8. Calcium is needed for transmission of nerve impulses.
Ans. True
9. Sodium helps to regulate muscular contraction.
Ans. True

10. Vitamin A is needed for healthy blood vessel.

Ans. True

11. Riboflavin is needed for a healthy nervous system.

Ans. False

12. Magnesium helps the body to make protein.

Ans. True

Section 5

Short Answers

1. Name one form of starch in cassava?

Ans. Amylose or Amylopectin

2. Name a conjugated protein in egg white?

Ans. Mucin

3. Name a protein in milk which is not affected by acid?

Ans. Lactalbumin

4. Name the pigment in yam which gives it a purple colour?

Ans. Ananthocyanin

5. Name a B vitamin present in trace amount in egg yolk?

Ans. Niacin

6. Name the protein found in maize?

Ans. Zein

7. Name an amino acid that is deficient in legumes?

Ans. Methionine and tryptophan

8. Name a conjugated protein found in milk

Ans. Casein

9. Name amino acid in which cereals are deficient

Ans. Lysine

10. Name a derived lipid in poultry

Ans. Cholesterol

11. Name a protein found in barley

Ans. Hordenin

12. Name the vitamin that aids in the development of healthy vision

Ans. Vitamin A

End of Round 1 (Individual Round) /

Team Round

Round 2

1. Callaloo contains lutein which is associated with

- a) Reduced development of cataracts
- b) Reduced development of gallstones

Ans. A Reduced development of cataracts

2. Irish Potatoes contains pyridoxine which is associated with

- a) formation of a stress related hormones
- b) formation of white blood cells

Ans. B Formation of white blood cells

3. Peanuts contain oxalates which are associated with

- a) Increased development of allergies
- b) Increased development of kidney stone

Ans. B Increased development of kidney
stones

4. Flax seeds contain omega 3 fatty acids which are associated with

- a) Decrease blood cholesterol
- b) Decrease blood sugar levels

Ans. A Decrease blood 'cholesterol

1. Eggs develop a bad odor when they lose their freshness because
- a) Sulfuric acid is produced
 - b) Iron sulfide is produced
 - c) Hydrogen sulfide is produced

Ans. C Hydrogen sulfide is produced

2. Fruits change colour when cut because of
- a) A reaction of enzymes with sulfur
 - b) A reaction of enzymes with oxygen
 - c) A reaction of enzymes with vitamin C

Ans. B A reaction of enzymes with oxygen

3. Cream becomes thicken when whipped because
- a) Fat globules stick together
 - b) Fat globules separate
 - c) Fat globules cuddle

Ans. A Fat globules stick together

4. Egg white increase in size when whipped because
- a) The vitamin membrane stretches
 - b) Ovalbumin Stretches
 - c) Ovaglobulin Stretches

Ans. B Ovalbumin Stretches

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1. Breast milk can provide all of the nutrients a baby needs for the first
- a) 3 months of life
 - b) 4 months of life
 - c) 6 months of life

Ans:C 6 months of life

2. Lactating women should increase their energy intake by
- a) 100 calories
 - b) 300 calories
 - c) 500 calories

Ans: C 500 calories

3. Pregnant women should increase their energy intake by approximately

- a) 285 calories per day
- b) 385 calories per day
- c) 485 calories per day

Ans. 285 calories per day

4. Low birth weight infants should receive iron supplements by

- a) 1 month of age
- b) 2 months of age
- c) 3 months of age

Ans. B 2 months of age

1. The hardening of the arteries detected in adulthood can:

- a. begin in childhood
- b. never begin in childhood
- c. always be associated with alcohol consumption in adolescence

Ans. A Begin in childhood

2. To lose 1 lb or 0.45 kg per week in body weight, you must decrease your daily calorie intake by:

- a. 1000 Kcal
- b. 500 Kcal
- c. 100 Kcal 500 Kcal

Ans. B

3. Which of the following constituents of fruits and vegetables may be beneficial in lowering the incidence of stroke?

- a. sodium
- b. potassium
- c. vitamin C

Ans. B

potassium

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4. Which of the following is not a chronic disease?

- a. Diabetes
- b. Obesity
- c. typhoid

Ans. C Typhoid

End of Round 2

Round 3

1. What is the term used for removing fat by absorbing with a paper towel?
Ans. De grease
 2. What is the term used for moistening food during cooking to aid flavor and prevent drying?
Ans. Basting
 3. What is the term used for the last raising before bread is baked?
Ans. Proofing
 4. What is the term used for coating the surface of foods to give sheen or colour?
Ans. Glazing
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1. What is the most suitable method of cooking salt beef?
Ans: Boiling
 2. What is the most suitable method of cooking fillet le~amb
Ans: Roasting or Barbequing
 3. What is the most suitable method of cooking veal chops
Ans: Grilling
 4. What is the most suitable method of cooking pork shoulder
Ans: Roasting
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1. What is the term used for heating milk below boiling point?
Ans. Scalding
 2. What is the term used for decorating savory dishes?
Ans. Garnishing

3. What is the term used for removing scum from the surface of a liquid?

Ans. Skimming

4. What is the term used for coating food with a dry substance?

Ans. Dredging

1. What is the term used for adding alcohol to a dish and setting it a light?

Ans. Flambeau

2. What is the term used for securing poultry with a string or skewer to seal in the stuffing?

Ans. Trussing

3. What is the term used for inserting strips of fat into meat so that they would melt during cooking?

Ans. Larding

4. What is the term used for toasted fried cubes of bread.

Ans: Crutons

1. What is the logo used for the Food based dietary guidelines for Grenada

Ans. A nutmeg

2. How many guidelines are listed on the poster?

Ans.8

3. What year were the guidelines launched?

Ans.2006

4. What Statutory body is responsible for the promotion of the guidelines

Ans. The Grenada Food and Nutrition Council

End of Round 3

Round 4

1. Name a protein in meat muscle fibers.
Ans. Elastin
 2. Name a fat soluble vitamin in the germ of the cereal grain.
Ans. Vitamin E
 3. Name a compound in cocoa which affects its colour.
Ans. Tannin
 4. Name a macro nutrient in which the egg yolk is deficient.
Ans. Carbohydrate
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1. Name a polysaccharide in the pericarp of the cereal grain.
Ans. Cellulose
 2. Name the compound in cocoa which is a stimulant.
Ans. Theobromide
 3. Name a globular protein in egg white.
Ans. Albumin
 4. Name a protein in muscle tissue ~ meat.
Ans. Myosin
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1. Name the form of sugar in roasted coffee beans.
Ans. Caramelized sugar
 2. Name a water soluble vitamin in which milk is deficient.
Ans. Vitamin C or Folate
 3. Name a mineral in egg w~.
Ans. Calcium or Sulphur
 4. Name the main type of fatty acid in fish.
Ans. Omega 3 or Poly-unsaturated

1. Name a compound lipid in egg yolk
Ans. Lecithin
2. Name the main B vitamin in the scutellum of the cereal grain
Ans. B1/Thiamin
3. Name the protein in wheat flour
Ans. Gluten



4. Name the mineral found in the germ of a grain
Ans. Iron
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1. Name a mineral in the outer layer of the cereal grain?
Ans. Calcium or Iron
 2. Name the main mineral in breadfruit?
Ans. Potassium
 3. Name a saturated fatty acid in good supply in egg yolk?
Ans. Stearic or palmitic acid
 4. Name the compound to which calcium is bound in the wheat grain.
Ans. Phytic acid or Phytate

End of Round 4

Round 5

True or False

1. Riboflavin is needed for the release of energy from fat.
Ans. True
2. Niacin is needed for a healthy digestive tract.
Ans. True
3. Iron is needed for muscle contraction.
Ans. True

4. Vitamin D helps in the formation of a visual purple.
Ans. False

1. Vitamin E is needed for a healthy mucus membrane
Ans. False

2. Vitamin D helps the body to absorb phosphorus.
Ans. True

3. Vitamin C helps with the formation of collagen.
Ans. True

4. Potassium is needed for a healthy heart beat.
Ans. True

1. Potassium helps in the formation of collagen.
Ans. True

2. Goiter is associated with excess iodine
Ans. False

3. Riboflavin is needed for the formation of white blood cells.
Ans. False

4. Dementia is associated with excess vitamin E.
Ans. False

1. lipase begins its action in the stomach.
Ans. True

2. The action of trypsin begins the chemical breakdown of protein.
Ans. False

3. Pepsin changes casein to calcium caseinate.
Ans. False

4. Trypsin acts in the stomach.
Ans. False

1. Cassava is good source of Calcium.

Ans. True

2. Tripe is a poor source of calcium.

Ans. False

3. Sour sop is a poor source of vitamin C.

Ans. False

4. Soybeans are good sources of thiamin.

Ans. True

1. Breakdown of starch begins in the mouth.

Ans. True

2. Insoluble fibers form gels in the gut which prevents constipation

Ans. False

3. Alcohol is absorbed in the stomach.

Ans. True

4. Salivary amylase acts in the esophagus.

Ans. False

1. Sweet potato contains more folate than Irish potato

Ans. False

2. Mackerel contains more potassium than king fish.

Ans. True

3. Guavas are good sources of potassium.

Ans. True

4. Pork is a good source of Vitamin B12.

Ans. True

1. Corn syrup is a good source of fructose.

Ans. False

2. Flying fish is a good source of vitamin K.

Ans. False

3. Spinach is a poor source of Vitamin K.

Ans. False

4. Prunes are good sources of carotene.

Ans. True

1. Watercress is a good source of iron.

Ans. True

2. Pistachios are good sources of potassium.

Ans. True

3. Pawpaw is a poor source of soluble fiber.

Ans. False

4. Peanuts are poor sources of vitamin E.

Ans. False

1. Kidney is a good source of vitamin A.

Ans. True

2. Pigeon peas are good sources of fat.

Ans. False

3. Lettuce is a poor source of vitamin K.

Ans. False

4. Sweet potatoes are poor sources of vitamin C.

Ans. False

End of Quiz

Extra Questions

True/False

5. Tripe is a poor source of protein.
Ans. False
6. Pumpkin seeds are good sources of Zinc.
Ans. True
7. Soybean are good sources of folate.
Ans. True
8. Sesame seeds are good sources of calcium.
Ans. True
9. Red beans are good sources of potassium.
Ans. True
10. Sweet peppers are good sources of vitamin C.
Ans. True
11. Rice is a poor source of sodium.
Ans. True
12. Spinach is a good source of riboflavin.
Ans. True
13. Almonds are poor sources of calcium.
Ans. False
14. Chicken is a poor source of Niacin.
Ans. False
15. Okras are good sources of folate.

Ans. True

16. Shrimp is a good source of fats.

Ans. False

17. Amiloxin acts in the stomach.

Ans. False

18. Ioric acid enters the blood circulation through the thoracic duct.

Ans. True

19. Invertase converts sucrose into glucose and galactose.

Ans. False

20. Iron in its Ferric form is easier absorbed.

Ans. False

21. Erepcin converts protein to peptide.

Ans. False

22. Bile acts in the duodenum.

Ans. False

23. Cashew nuts are a poor source of linoleic acid.

Ans. True

24. Mackerel is a good source of vitamin D.

Ans. True

Short Answer

1. Name a mineral which is added to enrich wheat flour?

Ans. Calcium

2. What is the term used for fruits preserved and served in syrup

Ans: Compote

3. What is the most suitable method of cooking beef tongue

Ans: BOiling

4. Copper is needed for the production of this pigment, name the pigment?
Ans: Melanin

5. What is the most suitable method of cooking veal chops
Ans: Grilling

6. Thiamin is needed for the formation of this B vitamin, name the vitamin?
Ans: Niacin

7. What is the most suitable method of cooking salt beef?
Ans: Boiling