

## SAMPLE QUESTIONS

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Legumes (ex. Kidney Beans) are found in which food group on Canada's Food Guide?

- a) Vegetables and fruit
- b) Lean protein
- c) Meat and beans
- d) Meat and alternatives
- e) Grain products

Which of the following is an exocrine function of the pancreas?

- a) Secretes bile
- b) Secretes "pancreatic juice"
- c) Secretes insulin
- d) a) and c)
- e) a), b), and c)

Which of the following statements about salmonellosis are true?

- a) common food sources/causes are raw eggs and under cooked chicken
- b) causes abdominal pain, nausea, vomiting
- c) is a foodborne infection
- d) a) and b)
- e) a), b) and c)

Which of the following statements about secretory diarrhea is true?

- a) is the active intestinal secretion of electrolytes and water by the bowel
- b) generally caused by bacteria, bacterial toxins or viruses
- c) generally caused by sugar alcohols or a lactose intolerance
- d) a) and b)
- e) a) and c)

Which of the following individuals would eat cheese?

- a) a lacto-vegetarian
- b) a lacto-ovo vegetarian
- c) a vegan
- d) a) and b)
- e) a), b) and c)

Which of the following statements about glycogen is true?

- a) found in humans and animals
- b) is a disaccharide
- c) made up of unbranched chains
- d) is a type of fibre
- e) a) and c)

Which of the following statements about pectin is true?

- a) has a gel like consistency
- b) is an insoluble fibre
- c) naturally present in meats
- d) a) and b)
- e) a), b) and c)

Which of the following transports diet derived lipids from the intestine to the rest of the body via the lymphatic system?

- a) Micelles
- b) Chylomicrons
- c) LDL
- d) VLDL
- e) HDL

Which of the following is not a recommendation under the “Advice for different ages and stages” section of Canada’s Food Guide.

- a) Pregnant and breastfeeding women need more calories. Include an extra 2 to 3 food guide servings each day
- b) Everyone over the age of 50 should take a daily vitamin D supplement of 10ug (400IU)
- c) Young children have small appetites and need calories for growth and development. Do not restrict nutritious foods because of their fat content.
- d) All women who become pregnant and those who are pregnant or breast feeding need a multivitamin containing calcium every day.
- e) Pregnant women need to ensure that their multivitamin also contains iron.