# Exam Preparation

## Section A – Multiple Choice Questions (5 marks)

**Question 1**

Sweet potatoes provide good satiety because they are:

1. low in fat.
2. high in protein.
3. low GI.
4. high in starch.

**Question 2**

A student hears the school bell at 1 pm and begins to think about eating lunch. This is an example of:

1. appetite.
2. physiological response.
3. hunger.
4. conditioned response.

**Question 3**

Which of the statements below best reflects someone with an appetite for food?

1. Peter has eaten a salad sandwich and an apple but wants a sweet ‘treat.’
2. John has eaten a salad sandwich and an apple. He has no desire to eat any more food.
3. For the last hour, Sam has been experiencing hunger pains.
4. Ian ate a large breakfast and had his apple around 10 am; he is not hungry and plans to eat his salad sandwich a little later.

**Question 4**

Which of the following terms are best used to describe the sensory properties of food?

1. tart, creamy, rich, and delicious.
2. sour, sweet, crunchy, and thin.
3. spicy, colourful, crisp, and beautiful.
4. awful, bland, dull, and yucky.

**Question 5**

Sam ate a large breakfast earlier in the morning. He was still quite satisfied and had no desire to eat more food until he smelt some freshly baked cookies. He eats a few of the cookies. This is an example of:

1. hunger.
2. hormones.
3. appetite.
4. satiety.

## Section B – Short Answer Responses ( 17 marks)

**Question 1** (4 marks)

The weight and number of kilojoules found in various foods are listed below.

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| **Foods** | **An orange** | **Plain chocolate bar** | **Chunky homemade vegetable and legume soup** |
| **Weight (g)** | 190 | 50 | 200 |
| **Energy value (kJ)** | 187 | 1120 | 410 |

1. Select one food that is more likely to help someone achieve satiety.

Justify your selection. (2 marks)

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1. Select one food that is less likely to help someone achieve satiety.

Justify your response. (2 marks)

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**Question 2** (2 marks)

High protein foods help individuals achieve satiety. Provide an example one plant and one animal food that provides protein.

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**Question 3** (5 marks)

Explain the difference between appetite and satiety.

Give an example of when someone may experience appetite and satiety at the same time. (5 marks)

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**Question 4** (2 marks)

Outline the body’s physical response to appetite. (2 marks)

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**Question 5** (4 marks)

Some parents enforce a rule that their children must eat all the food served on their plate or else they cannot eat dessert. This is often referred to as ‘clean plate syndrome.’

Discuss how this syndrome could influence the conditioning of appetite and satiety. (4 marks)

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