# Exam Preparation

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

**Question 1**

The Principles of Research used in the development of the Australian Dietary Guidelines were:

1. Credible sources, evidence-based literature, and accurate analysis of data.
2. Credible sources, evidence-based information, and accurate analysis of data.
3. Credible resources, evidence-based data, and accurate analysis of data.
4. Credible resources, evidence-based data, and meta-analysis.

**Question 2**

Identify the most likely context where a young person can develop their food knowledge and skills:

1. Social media platforms, like Instagram.
2. Food education and healthy meal preparation classes at school.
3. The home.
4. At their gym.

**Question 3**

The term nutritional efficacy refers to:

1. The nutritional benefit or effect a food fad, trend, or diet provides.
2. The amount of nutrients in a meal.
3. How effective a diet is in helping someone lose weight.
4. Factors that impact how efficient one's diet is.

**Question 4**

When evaluating the nutritional efficacy of a weight-loss diet, it is important to:

1. Ensure that the food in the diet promotes high consumption of all three macronutrients.
2. Check that the person advertising the diet has experienced success on the same diet.
3. Ensure the diet meets the recommendations of the Australian Guide to Healthy Eating and promotes regular exercise.
4. None of the above.

**Question 5**

Which evidence-based research should be used when evaluating the credibility of a drink that claims it flushes fat from the body overnight?

1. peer reviews,
2. meta-analysis,
3. scientific testing,
4. all of the above.

## Section B – Short Answer Responses (10 marks)

**Question 1** (3 marks)

Provide three examples of contexts where an elderly adult can gain food information and skills. (2 marks)

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**Question 2** (7 marks)

A young couple is considering which meal to choose. They want to lose a few kilograms, and both meals were advertised in a weight-loss magazine.

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| **Meal One**  Stir-fried chicken with mushrooms, beans, carrots, and red capsicum, served with brown rice and low-salt soy sauce. | **Meal Two**  Crispy pastry filled with chicken, onion, and bacon pie. |

1. Analyse the nutritional efficacy of the meals with the Australian Guide to Healthy Eating and select the meal that best meets the couple's needs. 4 marks

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1. Explain why the young couple should consider evidence-based principles to assess the credibility of a weight-loss diet.

(3 marks)

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