

Exam Preparation

Section A - Multiple Choice Questions (5 marks)

Question 1

Identify the false statement:

- a. Every meal should be in proportion to the Australian Guide to Healthy Eating.
- b. White flour is an example of refined carbohydrates.
- c. Choosing low-fat dairy products is an excellent way to reduce saturated fat intake.
- d. Deli meats belong in the Only Sometimes and Small Amounts section of the Australian Guide to Healthy Eating.

Question 2

A diet high in fibre can assist with decreasing the risk of:

- a. Cardiovascular disease.
- b. Obesity and Overweight.
- c. Type Two Diabetes.
- d. All of the above.

Question 3

Legumes are included in two sections of the Australian Guide to Healthy Eating because:

- a. They are a source of protein and a vegetable.
- b. There is an abundance of legumes in Australia.
- c. The government is trying to encourage people to eat more Australian-grown legumes.
- d. They are a good source of nutrition for vegetarians.

Question 4

The Australian Dietary Guidelines help Australians eat nutritious foods by encouraging them to:

- a. Eat a wide variety of foods.
- b. Be physically active.
- c. Exercise more.
- d. Prepare food safely.

Question 5

According to the Australian Guide to Healthy Eating rationale, which of the following foods is the best to consume for lunch?

- a. Fried rice with bacon, an orange, and an apple.
- b. Wholegrain salad sandwich, fruit salad, and water.
- c. Wholegrain ham and salad sandwich, an apple, and water.
- d. Fish pie is made using reduced fat pastry, a muesli bar, and a soft drink.

Section B – Short Answer Responses (15 marks)**Question 1** (2 marks)

A range of oils can be used in cooking.

Explain why unsaturated spreads and oils appear in the 'Eat Small Amounts' section of the Australian Guide to Healthy Eating.

For 2 marks, the student needed to explain why unsaturated spreads and oils are in the 'Eat Small Amounts' section of the Australian Guide to Healthy Eating.

A sample response may have included:

Small amounts of unsaturated spreads and oils help to prevent cardiovascular disease. However, if too many are eaten, they could also contribute to weight gain. This is why the guide states to eat them in small amounts and they are found in the Eat Small Amounts of the guide.

Question 2 (6 marks)

- a. Identify one diet-related condition or disease other than cardiovascular disease that occurs due to consuming too much energy. (1 mark)

For 1 mark, the student could have listed any of the following diet-related conditions or diseases.

- Type Two diabetes
- Overweight or Obesity

- b. State one thing a person can do to ensure their diet contains less energy and explain why this may help them lower their energy intake. (3 marks)

For 1 mark, the student needed to state how a person can reduce energy intake.

For 2 marks, the student needed to explain why this reduces energy intake.

The student's response could have included one of the following dot points.

- People could eat more fibre, meaning they might feel full and be less likely to eat foods containing high energy.
- People could eat more protein which contributes to satiety, making people less likely to eat foods containing high amounts of energy.
- People could consume foods with less fat and sugar in them. Fat and sugar get stored as energy if it is not used up as part of normal body processes or due to being active.
- People could ensure they do not overeat and eat the correct portion sizes in line with the Australian Guide to Healthy Eating. Eating the correct portion sizes is likely to result in consuming the right amounts of energy.
- People could eat more vegetables, so they are full and less likely to eat discretionary food items that contribute to weight gain.

Question 3 (4 marks)

Daily Meal Plan

Meal	Food
Breakfast	Homemade banana and milkshake made with milk and ice-cream
Snack	Two chocolate biscuits
Lunch	1 red apple 1 wholemeal wrap with hummus spread 1 medium-sized chocolate milkshake
Afternoon Tea	1 small bucket of hot chips with tomato sauce 1 latte made with full-cream milk
Dinner	2 beef and bacon sausages Mashed potato Broccoli and beans
Afternoon Tea	2 scoops of ice cream with chocolate topping.

The Australian Guide to Healthy Eating recommends consuming a wide variety of food.

In what ways does the meal plan above reflect this advice?

To receive full marks, the student must have referred to the daily meal plan with links to how it does or does not relate to the consumption of a wide variety of nutritious foods.

The student's response could have included two of the following dot points.

The Australian Guide to Healthy states that people should eat a wide variety of food from each of the five food groups.

- Two types of different coloured fruits are included in the meal plan; this adds variety.
- There are only four vegetables (chickpeas in hummus, potato in the chips and mashed, broccoli, and beans). There needs to be more coloured vegetables as broccoli and beans are the same color.
- Potatoes are in the meal plan twice. Using a different type of vegetables, such as beetroot to make chips instead of white potato, would have increased the colours and types of vegetables consumed.
- The meal plan has only two types of dairy food: full-cream milk and ice cream. Ice cream is considered a discretionary source. There needs to be more variety of low-fat dairy foods in the meal plan.

Question 4 (5 marks)

Bread Sample One		
	Quantity per serving (41g)	Quantity per 100g
Energy	599kj	1060
Protein	4.5g	8g
Total Fat	1g	1.9g
Saturated Fat	0.17g	0.3g
Carbohydrate	27g	49g
Sugars	1.7g	3g
Dietary Fibre Total	1.5g	2.7g
Sodium	226mg	400mg
Ingredients: Wheat Flour, Water, Yeast, Vinegar, Canola Oil, Soy Flour, Emulsifier (481), Vitamins (Thiamin, Folic Acid).		

Bread Sample Two:		
	Quantity per serving (94g)	Quantity per 100g
Energy	980kj	1040kj
Protein	7.9g	8.4g
Total Fat	3.4g	3.6g
Saturated Fat	<1g	<1g
Carbohydrate	40g	42.7g
Sugars	2.4g	2.6g
Dietary Fibre Total	3.8g	4g
Sodium	310mg	330mg
Ingredients: Wheat flour, water, mixed grains (17%) (kibbled wheat, kibbled rye, kibbled triticale, oats), linseeds, kibbled soy, yeast, vinegar, canola oil, wheat gluten, cultured wheat flour, soy flour, vegetable emulsifiers (481, 471, 472e), malted barley flour, vitamins (thiamin, folic acid).		

Using the nutrition information panels provided above from two types of bread, evaluate which bread is the better choice for the prevention of cardiovascular disease.

The student must have referred to data from the nutrition panel to be awarded full marks, with links to the prevention of cardiovascular disease.

Any two of the following reasons could have been included in the student's response.

The fibre content of sample one is 2.7g per 100g, and the fibre content of sample two is 4g per 100g. Eating foods high in fibre may give you a feeling of fullness, and you are less likely to eat foods high in saturated fats, sugar, and salt, which contribute to cardiovascular disease.

A diet low in salt helps lower and prevent high blood pressure, which increases your risk of stroke and heart disease. There is a marginal difference between the two bread samples regarding salt content, with sample one at 226mg per 100g and the other at 310g per 100g. In terms of salt content, bread sample one would be the most appropriate choice for preventing cardiovascular disease.

Sample one contains 1.6g of unsaturated fats compared to sample two, which has around 2.6g. Saturated fats contain HDL cholesterol protects people against heart disease and helps to lower the LDL (bad) cholesterol in the body. LDL cholesterol contributes to plaque buildup in the arteries, which can cause cardiovascular disease.