

Sample Questions

iUCT41 – Diet and nutrition for complementary therapists

1	Ingestion takes place in the:			
A	Stomach	B	Small intestine	C
C	Mouth	D	Large intestine	

2	Coeliac disease is defined as an intolerance to:			
A	Proteins	B	Dairy	D
C	Zinc	D	Gluten	

3	The action of pepsin is to:			
A	Curdle milk	B	Break down proteins to peptones	B
C	Break down polypeptides into amino acids	D	Break down polysaccharides to disaccharides	

4	A deficiency of vitamin K could be the cause of:			
A	Anaemia	B	Lack of energy	C
C	Haemorrhaging	D	Slow wound healing	

5	Excessive intake of simple sugars could result in:			
A	Anorexia	B	Obesity	B
C	Constipation	D	Diarrhoea	

6	The symptoms of hypoglycaemia include:			
A	Disturbed behaviour, over activity	B	Increased thirst, frequent urination	D
C	Impulsiveness, aggressiveness	D	Dizziness, hunger	

7	Sources of magnesium can be found in:			
A	Cocoa powder, sunflower seeds	B	Curry powder, ground ginger	A
C	Chicken stock cubes, soya mince	D	Lamb's kidneys, dried mushrooms	

8	Hydrochloric acid activates the enzyme:			
A	Trypsin	B	Rennin	D
C	Lactase	D	Pepsin	

9	Coffee interferes with the absorption of:			
A	Iron	B	Zinc	A
C	Calcium	D	Vitamin D	

10	For optimum results athletes should ensure they consume:			
A	Proteins	B	Fats	C
C	Carbohydrates	D	Vitamins	

Document History

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v1	10/01/2020	First published	Qualifications and Regulation Co-ordinator