

Fibre matters: Quiz

Module 1 Questions



Question 1:

Which of the carbohydrates listed below isn't a type of dietary fibre?

- a) Non-starch polysaccharide
- b) Resistant starch
- c) Lignin
- d) Glucose



Question 1:

Which of the carbohydrates listed below isn't a type of dietary fibre?

- a) Non-starch polysaccharide
- b) Resistant starch
- c) Lignin
- d) Glucose**



Question 2:

Which one of these statements about the physicochemical properties of fibre is correct?

- a) Solubility alone is a good predictor of the physiological effects and functional properties of fibre.
- b) Fibre in foods is often a complex mix of soluble and insoluble fibres exerting different physiological effects in the gastrointestinal tract at the same time.
- c) Insoluble fibres thicken when mixed with fluids.
- d) Fibres with low fermentability significantly increase short-chain fatty acid production in the gut



Question 2:

Which one of these statements about the physicochemical properties of fibre is correct?

- a) Solubility alone is a good predictor of the physiological effects and functional properties of fibre.
- b) Fibre in foods is often a complex mix of soluble and insoluble fibres exerting different physiological effects in the gastrointestinal tract at the same time.
- c) Insoluble fibres thicken when mixed with fluids.
- d) Fibres with low fermentability significantly increase short-chain fatty acid production in the gut



Question 3:

Which of the below methods most accurately measures total dietary fibre as defined by Codex Alimentarius, including resistant starch and non-digestible oligosaccharides?

- a) Englyst
- b) AOAC Method 2017.16
- c) Prosky/Lee Methods (AOAC 985.29/991.43)



Question 3:

Which of the below methods most accurately measures total dietary fibre as defined by Codex Alimentarius, including resistant starch and non-digestible oligosaccharides?

- a) Englyst
- b) **AOAC Method 2017.16**
- c) Prosky/Lee Methods (AOAC 985.29/991.43)



Question 4:

Which of the below is not a functional fibre?

- a) Sorbital
- b) Chitosan
- c) Guar gum oligosaccharides
- d) Inulin (e.g., derived from chicory root)



Question 4:

Which of the below is not a functional fibre?

a) Sorbital

b) Chitosan

c) Guar gum oligosaccharides

d) Inulin (e.g., derived from chicory root)



Question 5:

How are functional fibres used in food manufacturing?
(tick all that apply)

- a) Fat replacer
- b) Texture modification
- c) Binding agent
- d) Raising agent



Question 5: How are functional fibres used in food manufacturing? (tick all that apply)

- a) **Fat replacer**
- b) **Texture modification**
- c) **Binding agent**
- d) Raising agent



Module 2 Questions



Question 1:

How much fibre is typically recommended for adults in global recommendations?

- a) 10-15 g/day
- b) 10-20 g/day
- c) 12-20 g/day
- d) 25-35 g/day



Question 1:

How much fibre is typically recommended for adults in global recommendations?

- a) 10-15 g/day
- b) 10-20 g/day
- c) 12-20 g/day
- d) **25-35 g/day**



Question 2: True or False?

Children aged under 2 years old should avoid dietary fibre.

- a) True
- b) False



Question 2: True or False?

Children aged under 2 years old should avoid dietary fibre.

- a) True
- b) **False**



Question 3: True or False?

Canned vegetables do not contain any dietary fibre.

- a) True
- b) False



Question 3: True or False?

Canned vegetables do not contain any dietary fibre.

- a) True
- b) **False**



Question 4:

Which of these breads would provide the most fibre?

- a) Bagel
- b) Baguette
- c) White sourdough bread
- d) Wholewheat bread



Question 4:

Which of these breads would provide the most fibre?

- a) Bagel
- b) Baguette
- c) White sourdough bread
- d) **Wholewheat bread**



Question 5:

Which of the following food/ food groups contain fibre?

- a) Fruit and vegetables
- b) Milk and cheese
- c) Oils and fats
- d) Plant-based protein sources like beans, nuts and seeds
- e) Eggs



Question 5:

Which of the following food/ food groups contain fibre?

- a) Fruit and vegetables
- b) Milk and cheese
- c) Oils and fats
- d) Plant-based protein sources like beans, nuts and seeds
- e) Eggs



Module 3 Questions



Question 1:

Increased intake of dietary fibre is associated with reduced risk of?
(tick all that apply)

- a) Coeliac disease
- b) Type 1 Diabetes
- c) Type 2 Diabetes
- d) Bowel Cancer



Question 1:

Increased intake of dietary fibre is associated with reduced risk of?
(tick all that apply)

- a) Coeliac disease
- b) Type 1 Diabetes
- c) Type 2 Diabetes
- d) Bowel Cancer



Question 2:

If it's eaten in sufficient quantities, what can the beta glucan fibre found in oats or barley help with?

- a) Reducing cholesterol
- b) Improving immunity
- c) Lowering blood pressure



Question 2:

If it's eaten in sufficient quantities, what can the beta glucan fibre found in oats or barley help with?

- a) Reducing cholesterol
- b) Improving immunity
- c) Lowering blood pressure



Question 3:

Higher fibre diets can reduce risk of constipation. What other factors may be important?
(tick all that apply)

- a) Drinking plenty of fluids
- b) Increasing exercise
- c) Taking a multivitamin supplement



Question 3:

Higher fibre diets can reduce risk of constipation. What other factors may be important?
(tick all that apply)

- a) **Drinking plenty of fluids**
- b) **Increasing exercise**
- c) Taking a multivitamin supplement



Question 4:

What are the mechanisms by which fibre may offer health benefits?

- a) It absorbs water to provide bulk and moves food through the gut
- b) It forms a viscous gel-like substance that may help to lower serum cholesterol and modulate blood glucose
- c) It produces short-chain fatty acids when it is fermented by the gut microbiota
- d) All of the above



Question 4:

What are the mechanisms by which fibre may offer health benefits?

- a) It absorbs water to provide bulk and moves food through the gut
- b) It forms a viscous gel-like substance that may help to lower serum cholesterol and modulate blood glucose
- c) It produces short-chain fatty acids when it is fermented by the gut microbiota
- d) **All of the above**



Module 4 Questions



Question 1:

Which of the below is not a nutrition claim?

- a) Preservative free
- b) Low in fat
- c) Sugars free
- d) High in fibre



Question 1:

Which of the below is not a nutrition claim?

- a) **Preservative free**
- b) Low in fat
- c) Sugars free
- d) High in fibre



Question 3: True or False?

In the US it is mandatory to list fibre on the nutrition label.

a) True

b) False



Question 3: True or False?

In the US it is mandatory to list fibre on the nutrition label.

a) **True**

b) False



Question 3:

According to EU and UK regulations, how much fibre does a product need to contain to bear the claim “high in fibre”?

- a) At least 6g/ 100g
- b) At least 3g/ 100g
- c) At least 10g/ 100g
- d) At least 5g/ 100g



Question 3:

According to EU and UK regulations, how much fibre does a product need to contain to bear the claim “high in fibre”?

- a) **At least 6g/ 100g**
- b) At least 3g/ 100g
- c) At least 10g/ 100g
- d) At least 5g/ 100g



Question 4:

According to US regulation how much fibre does a product need to contain to bear the claim “Good Source”?

- a) 10% or more of the DV per RACC
- b) 20% or more of the DV per RACC
- c) 1-9% of the DV per RACC
- d) 10-19% of the DV per RACC



Question 4:

According to US regulation how much fibre does a product need to contain to bear the claim “Good Source”?

- a) 10% or more of the DV per RACC
- b) 20% or more of the DV per RACC
- c) 1-9% of the DV per RACC
- d) 10-19% of the DV per RACC



Question 5:

Which one of these must appear on food labels in the EU and UK?

- a) Polyols
- b) Protein
- c) Starch
- d) Fibre
- e) Monounsaturated fats



Question 5:

Which one of these must appear on food labels in the EU and UK?

- a) Polyols
- b) **Protein**
- c) Starch
- d) Fibre
- e) Monounsaturated fats

