Captivate
EDUCATION

Food Studies

Question and Answer Book

Practice examination 1 – 2027

Student name _____

Teacher _____

- Reading time is 15 minutes
- Writing time is 1 hour 30 minutes

Materials supplied

- Question and Answer Book
- Multiple-Choice Answer Sheet

Instructions

- Follow the instructions on your Multiple-Choice Answer Sheet.
- At the end of the examination, place your Multiple-Choice Answer Sheet inside the front cover of this book.

Students are not permitted to bring mobile phones and/or any unauthorised electronic devices into the examination room.

Contents

Section A (20 questions, 20 marks)

Section B (10 questions, 70 marks)

Practice material in the layout of the 2025 VCAA paper – generated 2027. Not a VCAA examination.

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Section A – Multiple-choice questions

Instructions

- Answer **all** questions in pencil on your Multiple-Choice Answer Sheet.
- Choose the response that is correct or that best answers the question.
- A correct answer scores 1; an incorrect answer scores 0.
- Marks will not be deducted for incorrect answers.
- No marks will be given if more than one answer is completed for any question.

Question 1

A person who has just finished a large meal walks into a cinema foyer and immediately wants a box of popcorn.

This response is best explained by

A. a conditioned appetite linked to the person's previous enjoyable cinema visits.
B. hunger caused by low blood glucose levels.
C. a lack of satiety following the large meal.
D. the stomach signalling that more energy is needed.

Question 2

In which part of the gastrointestinal tract does most of the enzymatic hydrolysis of dietary fat occur?

A. mouth
B. stomach
C. small intestine
D. large intestine

Question 3

Which one of the following describes a role of the tongue in digestion?

A. It secretes amylase to begin the chemical digestion of starch.
B. It shapes chewed food into a bolus and pushes it to the back of the mouth for swallowing.
C. It mixes food with hydrochloric acid to begin protein digestion.
D. It absorbs simple sugars directly into the bloodstream.

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Question 4

A yoghurt brand adds inulin, a type of dietary fibre, to a yoghurt that already contains live bacterial cultures.

The inulin is described as a prebiotic because it

A. adds beneficial bacteria to the large intestine.
B. is broken down by lactase in the small intestine.
C. is absorbed into the bloodstream, where it strengthens immunity.
D. passes undigested to the large intestine, where it is fermented by gut bacteria.

Question 5

Which one of the following would provide the strongest evidence for a recommendation in the Australian Dietary Guidelines?

A. a survey of the food intake of 2000 Australian adults over one week
B. a systematic review of many randomised controlled trials
C. the opinion of a panel of experienced chefs and food writers
D. a detailed case study of one family that changed its diet

Question 6

Within minutes of eating a satay chicken skewer, a child develops hives and swelling of the lips.

This reaction is most likely

A. an allergy, because the child's immune system has identified peanut protein as harmful.
B. an intolerance, because the child lacks an enzyme needed to digest peanut protein.
C. a FODMAP intolerance, caused by poor absorption of carbohydrates in the peanut sauce.
D. an allergy, because the child's digestive system cannot break down the fat in peanuts.

Question 7

Compared with a sedentary 40-year-old, a 17-year-old who trains for rowing five days a week is likely to need more serves of grain (cereal) foods mainly because

A. grain foods are the main source of calcium needed for bone growth.
B. grain foods provide all of the essential amino acids needed to build muscle.
C. growth and high activity levels increase the adolescent's energy requirements.
D. dietary fibre provides the energy needed for training.

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Question 8

A family lives in a remote town where fresh fruit and vegetables cost more than in Melbourne and often arrive damaged after several days of transport.

Which social factor most directly influences this family's food accessibility?

A. education
B. cultural norms
C. available time
D. location

Question 9

Which one of the following best describes the role of food when an extended family gathers to make and share dumplings during Lunar New Year?

A. meeting the physiological energy needs of family members
B. expressing cultural identity and strengthening family connectedness
C. providing an example of the political influence of the manufacturing industry
D. encouraging overconsumption of food through larger portion sizes

Question 10

After watching many 'clean eating' videos, a teenager begins skipping breakfast and cutting out all bread and pasta.

This behaviour is best described as

A. restrictive dieting.
B. comfort eating.
C. a conditioned appetite.
D. a food intolerance.

Question 11

Which one of the following is an example of consumer activism?

A. a manufacturer reducing the sugar in a cereal to improve its sales
B. a state government restricting the advertising of discretionary foods near schools
C. an advertising agency using a celebrity to promote a sports drink
D. shoppers starting an online petition asking a supermarket chain to stop selling cage eggs

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Marking scheme – teacher copy

Practice examination 1 – 2027

Not for distribution to students.

Section	Questions	Marks available	Marks awarded
Section A	20	20	
Section B	10	70	
Total		**90**	

Section A

Question	Key	Question	Why
1	**A**	A person who has just finished a large meal walks into a cinema foyer and immediately wants a box of popcorn. This response is best explained by	Option A is correct: the desire is a learned response to a familiar setting, not a physiological need. Options B and D describe hunger, which a person who has just eaten a large meal is unlikely to feel; option C contradicts the large meal, which would produce satiety.
2	**C**	In which part of the gastrointestinal tract does most of the enzymatic hydrolysis of dietary fat occur?	Option C is correct: bile from the gall bladder emulsifies fat in the small intestine, where pancreatic lipase hydrolyses it into fatty acids and monoglycerides. Some students choose the stomach (B), where only a small amount of fat digestion occurs.
3	**B**	Which one of the following describes a role of the tongue in digestion?	Option B is correct. Option A describes the salivary glands, a different accessory organ; option C describes the stomach; option D is incorrect because absorption occurs mainly in the small intestine.

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4	**D**	A yoghurt brand adds inulin, a type of dietary fibre, to a yoghurt that already contains live bacterial cultures. The inulin is described as a prebiotic because it	Option D is correct: a prebiotic is a non-digestible fibre that feeds the beneficial bacteria already present. Option A describes a probiotic (the live cultures, not the inulin) — the prebiotic/probiotic confusion the 2025 report records. Lactase digests lactose, not inulin (B).
5	**B**	Which one of the following would provide the strongest evidence for a recommendation in the Australian Dietary Guidelines?	Option B is correct: the Guidelines were built on systematic literature reviews of high-quality studies, with randomised controlled trials the strongest single design. A survey (A) shows what people eat, not the effect of a food; options C and D are not evidence-based research.
6	**A**	Within minutes of eating a satay chicken skewer, a child develops hives and swelling of the lips. This reaction is most likely	Option A is correct: rapid hives and swelling are allergy symptoms, caused by an immune response to a protein. Options B and C describe intolerances, which are digestive reactions with symptoms such as bloating; option D names an allergy but gives a digestive cause.
7	**C**	Compared with a sedentary 40-year-old, a 17-year-old who trains for rowing five days a week is likely to need more serves of grain (cereal) foods mainly because	Option C is correct: grain foods are the main carbohydrate source and the adolescent's growth and training raise energy needs. Option D repeats the misconception, recorded in the 2025 report, that fibre provides energy.
8	**D**	A family lives in a remote town where fresh fruit and vegetables cost more than in Melbourne and often arrive damaged after several days of transport. Which social factor most directly influences this family's food accessibility?	Option D is correct: distance from producers and distribution centres raises prices and lowers quality. Income may also limit the family, but it is not offered and the stimulus attributes the problem to the town's remoteness.

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9	**B**	Which one of the following best describes the role of food when an extended family gathers to make and share dumplings during Lunar New Year?	Option B is correct: the shared, celebratory preparation of a traditional food expresses identity and builds connectedness. Option A is true of any meal but is not the best description of this occasion.
10	**A**	After watching many 'clean eating' videos, a teenager begins skipping breakfast and cutting out all bread and pasta. This behaviour is best described as	Option A is correct: eliminating whole food groups and skipping meals in response to media messages is restrictive dieting, one of the media-related behaviours named in the study design.
11	**D**	Which one of the following is an example of consumer activism?	Option D is correct: consumers organising to pressure a business is consumer activism. Options A and C are the manufacturing and advertising industries, the other two political influences in the study design; option B is government regulation.
12	**C**	A parent wants their toddler to start eating raw carrot. At snack time, the parent sits with the toddler and eats carrot sticks with obvious enjoyment, without offering any to the toddler. The parent is using the behavioural principle of	Option C is correct: the child observes a trusted adult enjoying the food. Exposure (A) and repetition (B) involve presenting the food to the child, which the parent has not yet done; conditioning (D) is not one of the three behavioural principles.
13	**B**	The phrase 'flushes toxins from your body and resets your metabolism' is most relevant to assessing which validity criterion?	Option B is correct: the vague, unscientific marketing terms are language use. Students often choose presentation of evidence (D), which concerns the customer reviews offered as proof.
14	**A**	That the page was last updated in 2016 is most relevant to assessing which validity criterion?	Option A is correct: context includes the currency of the information. Students often confuse context with source (B) — the 2023 report records this error.

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