



SAMPLE

Conquesta 2014

(International Multiple Choice Primary School Olympiads – Est. 1998)

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Life Orientation – Grade 7

Welcome to your Conquesta Olympiad. When you have decided which of the answers is correct, scratch out the letter in the matching square on your answer sheet using **ONLY a black or blue ballpoint or black khaki pen.** (Do not use pencils, crayons, pencil crayons, highlighters, tippex or glue.) If the answer to question 4 is c, then scratch out the letter c in the square containing c next to the number 4 (see example 1 below). If you've made a mistake and b should have been the answer, neatly cross out the mistake and then scratch out b (see example 2 below).

Example 1:-

4.	a	b	c	d
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 Example 2:-

4.	a	b	c	d
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Fascinating Food - Eating Healthily

Fast food isn't always healthy, but it is a quick and easy meal. Usually there are leftovers for the next day, too. Many people enjoy eating leftover pizza for breakfast. But you must remember to put leftovers in the refrigerator right away. It isn't a good idea to leave the pizza out all night and then eat it for breakfast the next morning.

Foods can make people sick if they aren't handled the right way. There is a two-hour rule for food. Any food like meat, chicken, or food with eggs in it should be thrown out after it has been out for two hours. If the temperature is hotter than 32° C, it should be thrown out after one hour.

After the food is cooked, it should stay hot. Put it in the oven to keep it warm. If you aren't going to eat the food right away, put it into the refrigerator.

Popular forms of fast food include hotdogs, hamburgers, pies, chips, pizza, fish and chips, kebabs and fried chicken. Fast food is often highly processed and produced on a large scale to decrease costs. Ingredients and various menu items are typically prepared at a different location before being sent to restaurants to be cooked, reheated or quickly put together. Due to increased awareness of obesity levels, efforts have been made to improve fast food menus by lowering fat levels or at least offering healthier alternatives. While these health concerns are generating more attention, fast food is still linked to worldwide weight gain problems and increased diabetes risks.

- What healthy advantage does fast food have?**

(a) It is quick to make. (b) It is an easy meal.
(c) It has high fat levels. (d) It has very few if no benefits at all.
- What is a kebab?**

(a) Small pieces of meat, tomatoes and onions threaded onto skewers.
(b) A standard white sauce made from milk.
(c) A cut of beef or pork.
(d) A type of pasta.
- What fact about fast food could pose a problem and make people ill?**

(a) It is cooked. (b) It is reheated.
(c) It is produced on a large scale. (d) It is quickly put together.
- What should you do if the food has been out for an hour and the air temperature is very hot?**

(a) You should put it into the refrigerator. (b) You should keep it in the oven.
(c) You should throw it out. (d) You should reheat it.
- To what does the word 'obesity' refer?**

(a) leanness (b) slenderness (c) slimness (d) fatness



Do you eat to live or do you live to eat? People who live to eat love their food. They look forward to every meal but too much of a good thing is not good.

You need to eat in order to live. Your body uses the nutrients in food for fuel. Food gives you energy. But it is important not to overeat, and to eat the right kinds of food.

You have probably heard the word calorie. But what is a calorie? A calorie (or kilojoule) is simply a unit of measurement like a centimetre or a minute. A calorie measures energy. It measures the energy you get from food. When you hear something contains 100 calories, it's a way of describing how much energy your body could get from eating or drinking it.

A weight that is healthy for you can be calculated from the BMI - body mass index. It is a number that tells you where you fit in on a chart.

