



قائمة الاسئلة

الثانية الأغذية الوظيفية والمكملات الغذائية - المستوى الرابع - قسم تغذية علاجية - كلية الطب والعلوم الصحية - برامج العلوم الطبية التطبيقية - الفترة

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- 1) 1. What is the primary distinction between nutraceuticals and functional foods?
 - 1) - Functional foods provide health benefits, while nutraceuticals do not.
 - 2) - Functional foods are found only in Japan, while nutraceuticals are global.
 - 3) + Nutraceuticals are taken in capsules or pills while functional foods are consumed as regular foods.
 - 4) - Nutraceuticals are made from synthetic chemicals, and functional foods are natural
- 2) Which of the following is an example of a food rich in omega-3 fatty acids beneficial for heart health?
 - 1) - Nuts
 - 2) + Salmon
 - 3) - Onions
 - 4) - Bananas
- 3) What type of functional food is primarily involved in promoting gut health by enhancing beneficial bacteria?
 - 1) - Functional lipids
 - 2) - Antioxidants
 - 3) - Phytochemicals
 - 4) + Probiotics
- 4) Which of the following is NOT one of the benefits of nutraceuticals ?
 - 1) - Increase the health value of our diet
 - 2) - Have a psychological benefit from doing something for oneself
 - 3) - Act as a substitute for conventional medication
 - 4) + Help us live longer
- 5) 5. What is the primary function of probiotics ?
 - 1) - To reduce cholesterol levels
 - 2) + To improve intestinal microbial balance
 - 3) - To lower blood pressure
 - 4) - To increase vitamin absorption
- 6) Which of the following is a benefit of consuming functional foods?
 - 1) - Increasing harmful bacteria in the gut.
 - 2) + Reducing the risk for cardiovascular diseases.
 - 3) - Raising blood pressure levels.
 - 4) - Causing inflammation in the body.
- 7) . Which of these compounds is classified under 'Non-Nutrients'?
 - 1) + Flavonoids.
 - 2) - Selenium.
 - 3) - Vitamin E.
 - 4) - Folate.
- 8) How do functional foods help support mental health?
 - 1) - By causing free radical accumulation.
 - 2) - By decreasing nutrient absorption.
 - 3) + By protecting the brain from free radical damage.
 - 4) - By reducing the production of B vitamins.
- 9) Which part of cereals is predominantly made up of carbohydrates?
 - 1) - The germ layer
 - 2) - The bran layer
 - 3) + The endosperm
 - 4) - The hull



- 10) Which nutrient compounds in legumes are known for their health-promoting and disease-preventing properties?
- 1) - Simple carbohydrates
 - 2) - Saturated fats
 - 3) - Sugary compounds
 - 4) Non-nutrient bioactive phytochemicals
- 11) How do saponins found in legumes benefit human health?
- 1) - They increase blood glucose levels.
 - 2) They help protect the human body against cancers.
 - 3) - They promote weight gain.
 - 4) - They raise cholesterol levels.
- 12) What is one of the primary benefits of consuming fruits?
- 1) They provide plenty of soluble dietary fibers.
 - 2) - They decrease calcium absorption.
 - 3) - They are high in calories and fat.
 - 4) - They are the main source of protein.
- 13) Which of the following best describes the role of prebiotics in functional foods?
- 1) - They function mainly as a source of energy for the body.
 - 2) - They are a type of protein that aids digestion.
 - 3) They benefit microflora in the GI tract and support bifidobacteria growth.
 - 4) - All of above
- 14) What are some health benefits associated with functional foods?
- 1) - They mostly help in muscle building and weight loss.
 - 2) They act as antioxidants and have anticancer, antibacterial, and antiviral properties.
 - 3) - Their primary benefit is to provide essential vitamins and minerals.
 - 4) - They are limited to improving heart health only.
- 15) What defines bioactive compounds?
- 1) Compounds that induce biological activities in living things
 - 2) - Compounds that have no effect on organisms
 - 3) - Compounds found in non-living things
 - 4) - Compounds that are only present in water
- 16) Where are bioactive compounds typically found?
- 1) - In non-food items
 - 2) In small quantities in foods
 - 3) - In large quantities in foods
 - 4) - In the air we breathe
- 17) Why are bioactive compounds being intensively studied?
- 1) - To see if they can replace traditional medicine
 - 2) - To understand their impact on the environment
 - 3) To evaluate their effects on health
 - 4) - To create new food additives
- 18) Where are bioactive compounds typically found?
- 1) - In non-food items
 - 2) In small quantities in foods
 - 3) - In large quantities in foods
 - 4) - In the air we breathe
- 19) What is the main characteristic of bioactive compounds in foods?
- 1) They are extra nutritional constituents
 - 2) - They are the main source of calories





- 3) - They are harmful to health
4) - They are not present in foods
- 20) What do bioactive compounds do in organisms?
1) - Slow down metabolism
2) Produce biological activities
3) - Cause no effect
4) - Increase body weight
- 21) What are prebiotics primarily composed of?
1) - Soluble vitamins
2) - Animal fats
3) Nondigestible food ingredients
4) - Digestible proteins
- 22) Which substance is mentioned as a prebiotic that reaches the colon essentially intact?
1) - Fructose
2) Inulin
3) - Proteins
4) - Sucrose
- 23) Which food is a common source of probiotics?
1) - Chicory root
2) - Jerusalem artichoke
3) Yogurt
4) - Raw oats
- 24) What are some health effects of probiotics ?
1) Alleviation of chronic intestinal inflammatory diseases
2) - Increase in muscle mass
3) - Improvement in eyesight
4) - Reduction in blood pressure levels
- 25) Which type of bacteria is NOT mentioned as having probiotic characteristics?
1) Escherichia coli
2) - Bifidobacterium breve
3) - Lactobacillus rhamnosus
4) - Lactobacillus reuteri
- 26) What is the primary role of phytochemicals in plants?
1) - They produce seeds for reproduction.
2) - They help plants grow taller.
3) - They provide essential nutrients for plants.
4) They protect plants from damage.
- 27) Which phytochemical found in garlic is known for its anti-bacterial properties?
1) - Isoflavones
2) - Capsaicin
3) Allicin
4) - Saponins
- 28) How do antioxidants benefit human cells?
1) - They increase cell replication rates.
2) - They replace damaged cell walls.
3) - They make cells grow larger.
4) They protect cells from oxidative damage.
- 29) What is one of the potential benefits of phytochemicals ?
1) - They increase LDL cholesterol in the body.





- 2) They can stop a cell's conversion from healthy to cancerous.
3) They ensure complete prevention of cancer.
4) They are known to cause high blood pressure.
- 30) What do researchers currently know about the relationship between diet and cancer risk?
1) Eating meat increases the risk of heart disease but not cancer.
2) People who avoid phytochemicals have no risk of cancer.
3) Only specific fruits affect cancer risk.
4) People who eat large quantities of fruits and veggies have reduced cancer risks.
- 31) What is the primary concept behind nutraceuticals?
1) To act as a replacement for traditional medicine.
2) To focus on prevention.
3) To provide energy quickly.
4) To enhance taste and texture.
- 32) Which of the following activities are nutraceuticals known for?
1) Increasing calorie consumption.
2) Enhancing health and preventing chronic illnesses.
3) Improving food flavors.
4) Reducing exercise requirements.
- 33) Which of the following is true about omega-3 fatty acids?
1) They decrease protein absorption in the body.
2) They are primarily found in dairy products.
3) They help reduce inflammation and the risk of heart disease.
4) They increase the need for exercise.
- 34) How do omega-3 fatty acids impact cardiovascular health?
1) They lead to high blood pressure.
2) They lower the risk of sudden death due to cardiac arrhythmias.
3) They increase cholesterol levels.
4) They cause blood clotting issues.
- 35) What is a benefit of DHA consumption mentioned in the text?
1) It causes digestive issues in infants.
2) It may delay cognitive decline in neurodegenerative disorders.
3) It decreases muscle growth.
4) It improves skin hydration.
- 36) . What is a major dietary source of linoleic acid and its primary role in the human body?
1) It is mostly found in plant sterols and is primarily used for cholesterol management.
2) It is sourced from animal organs and assists in muscle growth and body weight loss.
3) It is a common dietary PUFA found in many foods and helps maintain membrane fluidity.
4) It is primarily obtained from fish and seafood and works by lowering LDL cholesterol.
- 37) What does ADI stand for in the context provided?
1) Advanced dietary information
2) Acceptable daily intake
3) Average daily intake
4) Annual dietary intake
- 38) What does 'Low recommended nutrient intake' refer to?
1) A diet plan for weight loss
2) A guideline for minimal nutrient consumption
3) A high-protein diet recommendation
4) A suggestion for daily water intake
- 39) Why is the efficacy assessment of functional foods important?



- 1) - It reduces the cost of functional foods.
 - 2) - It promotes the sales of functional foods.
 - 3) - It simplifies the production of functional foods.
 - 4) It establishes scientific validity and builds consumer confidence.
- 40) Which of the following methods is considered the gold standard for evaluating the efficacy of functional foods?
- 1) - Animal Studies
 - 2) - Epidemiological Studies
 - 3) Human Clinical Trials
 - 4) - In Vitro Studies
- 41) What is the main role of evidence-based research in the context of functional foods?
- 1) To ensure health claims are supported by rigorous scientific methods.
 - 2) - To simplify consumer decisions regarding functional foods.
 - 3) - To market functional foods to consumers.
 - 4) - To increase the price of functional foods.
- 42) What role does the gut microbiome play in the bioavailability of functional food compounds?
- 1) - It only filters out harmful compounds.
 - 2) It influences absorption, transformation, and excretion.
 - 3) - It monitors the presence of bioactive compounds.
 - 4) - It enhances the taste of food.
- 43) Which of the following benefits is associated with daily supplementation of omega-3 fatty acids?
- 1) - A) Increased muscle mass
 - 2) - B) Improved digestion and gut health
 - 3) C) Reduced risk of cardiovascular events
 - 4) - D) Lowered blood sugar levels
- 44) What role can functional foods play in the food industry?
- 1) - A) Decrease the cost of food production
 - 2) - B) Extend the shelf life of food products
 - 3) - C) Make food products more visually appealing
 - 4) D) Enhance nutritional value of food products
- 45) Why is adequate protein intake crucial for the body?
- 1) - Because it helps to absorb all vitamins and minerals.
 - 2) - Because it is the only source of energy for the body.
 - 3) - Because it is required for hydration.
 - 4) Because it supports the growth, repair, and maintenance of body tissues.
- 46) Which of the following is NOT a primary role of proteins in the body?
- 1) - Supporting the growth and repair of tissues.
 - 2) - Providing building blocks for muscle development.
 - 3) - Forming enzymes and hormones.
 - 4) Balancing body hydration levels.
- 47) What are enzymes, and what is their role in the body?
- 1) Enzymes are proteins that act as catalysts for biochemical reactions.
 - 2) - Enzymes are carbohydrates that provide energy.
 - 3) - Enzymes are vitamins that support immune function.
 - 4) - Enzymes are minerals that build bone strength.
- 48) What roles do proteins play in the human body?
- 1) - Proteins only help break down nutrients.
 - 2) - Proteins are only involved in hormone production.
 - 3) - Proteins are related solely to growth and development.



- 4) Proteins help break down nutrients, regulate processes, and produce hormones.
- 49) Which of the following describes peptides correctly?
- 1) Peptides are large molecules unrelated to proteins.
 - 2) Peptides are not composed of amino acids.
 - 3) Peptides are long chains of amino acids.
 - 4) Peptides are short chains of amino acids linked by peptide bonds.
- 50) Which of the following roles do peptides NOT perform?
- 1) Function as hormones or neurotransmitters
 - 2) Serve as primary energy currency in cells
 - 3) Possess antimicrobial properties
 - 4) Act as signaling molecules
- 51) What are the components that make up nucleotides?
- 1) Phosphate group, lipid, and ribosome
 - 2) Nitrogenous base, lipid, and amino acid
 - 3) Nitrogenous base, sugar molecule, and phosphate group
 - 4) Sugar molecule, amino acid, and nitrogenous base
- 52) Which peptide is known to promote feelings of satiety?
- 1) ATP
 - 2) Ghrelin
 - 3) Peptide YY (PYY)
 - 4) Insulin
- 53) Which cellular process is NOT powered by ATP?
- 1) Muscle contraction
 - 2) Active transport across cell membranes
 - 3) Enzyme reactions
 - 4) DNA replication
- 54) What is one way nucleotides support the immune system?
- 1) They assist in digestion of fats.
 - 2) They neutralize toxins in the bloodstream.
 - 3) They cool down body temperature.
 - 4) They are involved in the activation and regulation of immune cells.
- 55) Which vitamin and mineral pair is primarily involved in converting food into energy?
- 1) Vitamin D and phosphorus
 - 2) Vitamin A and calcium
 - 3) Vitamin C and magnesium
 - 4) B vitamins and iron
- 56) Which combination of micronutrients is crucial for maintaining healthy bones and teeth?
- 1) Vitamin A, vitamin E, and iron
 - 2) Vitamin C, zinc, and selenium
 - 3) Vitamin B6, vitamin B12, and magnesium
 - 4) Calcium, vitamin D, and phosphorus
- 57) Which of the following are sources of Vitamin C?
- 1) Bread, pasta, and rice
 - 2) Milk, cheese, and yogurt
 - 3) Fish, meat, and eggs
 - 4) Citrus fruits, berries, and tomatoes
- 58) What is one function of Vitamin C in the body?
- 1) Regulates blood sugar levels
 - 2) Acts as a powerful antioxidant





- 3) - Produces red blood cells
4) - Digests carbohydrates quickly
- 59) Which of the following foods is a good source of Vitamin C?
1) - Sunflower seeds
2) Berries
3) - Egg yolks
4) - Mackerel
- 60) What is one primary function of Vitamin D in the human body?
1) Promoting calcium and phosphorus absorption for bone health
2) - Producing collagen in connective tissues
3) - Synthesis of red blood cells
4) - Neutralizing harmful free radicals
- 61) What symptom might indicate a Vitamin E deficiency?
1) - Increased susceptibility to infections
2) - Slow wound healing
3) - Gum disease
4) Muscle weakness
- 62) Which vitamin is essential for preventing neural tube defects during pregnancy?
1) - Riboflavin (B2)
2) - Niacin (B3)
3) Folate (B9)
4) - Thiamine (B1)
- 63) What is a potential toxicity symptom of consuming high doses of Vitamin B6?
1) - Megaloblastic anemia
2) - Cracked lips
3) Nerve damage
4) - Pellagra
- 64) Which of the following is NOT a function of calcium?
1) - Muscle function
2) Increase in blood sugar levels
3) - Blood clotting
4) - Nerve transmission
- 65) What symptom is associated with calcium deficiency in children?
1) - Anemia
2) - Liver damage
3) Rickets
4) - Hypercalcemia
- 66) Which source of magnesium is NOT mentioned in the text?
1) - Bananas
2) Apples
3) - Almonds
4) - Spinach
- 67) What bodily function is primarily supported by ATP production?
1) - Heart rhythm regulation
2) - Mood stabilization
3) - Bone density maintenance
4) Energy production
- 68) Which of the following foods is NOT a typical source of zinc?
1) Potatoes





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- 2) - Pumpkin seeds
3) - Beef
4) - Cheese
- 69) What are common symptoms of selenium toxicity?
- 1) - Dry skin and brittle nails
2) - Increased appetite and weight gain
3) - Shortness of breath and chest pain
4) + Garlic breath odor and hair loss
- 70) How does vitamin C affect iron absorption in the body?
- 1) - Prevents iron from being absorbed
2) - Has no effect on iron absorption
3) - Reduces absorption by oxidizing iron
4) + Increases absorption by reducing non-heme iron

