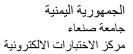


قائمة الاسئلة

أساسيات الغذاء والتغذية Nutrition and Food of Fundamentals - (212 CND)- المستوى الثاني -قسم التغذية السريرية والحميات -

عبد الجليل در هم سعيد غالب

- 1) It is referred to as the practical application of the principles of nutrition.
 - 1) Nutrients
 - 2) + Dietetics
 - 3) Nutrition
 - 4) Food Science
- 2) It might be defined as the food and drink that is regularly consumed by an individual or a group.
 - 1) + Diet
 - 2) Meal
 - 3) Food
 - 4) Regime
- 3) The science that studies food and how food nourishes our bodies and influences our health.
 - 1) Food Science
 - 2) + Nutrition
 - 3) Food Processing
 - 4) Food Quality
- 4) When a food product has high nutrients, but few calories, it would be characterized as of:
 - 1) Low nutrient density
 - 2) High quality
 - 3) High bioavailability
 - 4) + High nutrient density
- 5) It illustrates the five food groups using a familiar mealtime visual, a place setting.
 - 1) FoodPyramid
 - 2) + MyPlate
 - 3) MyPyramid
 - 4) Nutrition Guideline
- 6) The energy expended in the activities necessary to sustain normal body functions and homeostasis.
 - 1) Basal Metabolic Rate (BMR)
 - 2) Thermic Effect of Food (TEF)
 - 3) Basal Energy Expenditure (BEE)
 - 4) + Resting Energy Expenditure (REE)
- 7) The increase in energy expenditure associated with consumption, digestion, and absorption.
 - 1) + Thermic effect of food (TEF)
 - 2) Basal Metabolic Rate (BMR)
 - 3) Basal Energy Expenditure (BEE)
 - 4) Resting Energy Expenditure (REE)
- 8) A technique that allow calculating (RQ) value to measure the actual energy expenditure.
 - 1) + Indirect Calorimetry
 - 2) Bomb Calorimetery
 - 3) Direct Calorimetry
 - 4) Calorimetry
- 9) It is classified as a monosaccharide
 - 1) Amylose
 - 2) Maltose
 - 3) + Xylose
 - 4) Lactose





- 10) A carbohydrate that is referred to as dextrose.
 - 1) Fructose
 - 2) Mannose
 - 3) Galactose
 - 4) + Glucose
- 11) A carbohydrate that is characterized as a flatulent.
 - 1) Maltose
 - 2) Lactose
 - 3) Ribose
 - 4) + Raffinose
- 12) A polysaccharide that is not characterized as dietary fiber
 - 1) Cellulose
 - 2) Legnin
 - 3) + Amylose
 - 4) Hemicellulose
- 13) They help in slowing glucose absorption
 - 1) Oligosaccharides
 - 2) + Dietary fibers
 - 3) Homo Poly saccharides
 - 4) Water soluble vitamins
- 14) It hydrolyses starch into oligosaccharides, maltose, and glucose.
 - 1) Pancreatic Amylase
 - 2) Stomach Pepsin
 - 3) + Salivary Amylase
 - 4) Intestinal cells' Enzyme
- 15) It inactivates salivary enzymes, hence halting starch digestion in the human body stomach.
 - 1) Trypsin
 - 2) + Hydrochloric Acid
 - 3) Pepsin
 - 4) Pancreatic lipase
- 16) They have no digestion effect on fats, proteins, vitamins, minerals, and fiber ingested in human diet.
 - 1) + Salivary enzymes
 - 2) Stomach enzymes
 - 3) Pancreatic enzymes
 - 4) Intestinal enzymes
- 17) An emulsifying agent that brings fats into suspension in water in the duodenum.
 - 1) Stomach Acid
 - 2) Pepsinogen
 - 3) Saliva
 - 4) + The bile
- 18) An absorption process that does not require energy but needs a carrier.
 - 1) Nutrients transport
 - 2) + Facilitated diffusion
 - 3) Active absorption
 - 4) Oral absorption
- 19) A hormone which function is raising concentration of glucose and fatty acids in the bloodstream.
 - 1) + Glucagon
 - 2) Glycogen
 - 3) Insulin

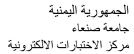
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- 4) Adrenaline
- 20) The number that estimates how much the food will raise a person's blood glucose level after it is eaten.
 - 1) Body Mass Index
 - 2) + Glycemic Index
 - 3) Glycemic Load
 - 4) Hyperglycemia
- 21) It is referred to as a non-nutritive Sweetener
 - 1) Sucralose
 - 2) Saccharin
 - 3) Aspartame
 - 4) + All answers are correct
- 22) They are classified as complex lipids
 - 1) Triglycerides
 - 2) + Phospholipids
 - 3) Monoglycerides
 - 4) Waxes
- 23) The main storage form of fatty acids and chemical energy in the human body
 - 1) Fatty acids
 - 2) + Triacylglycerols
 - 3) Adipose tissues
 - 4) Sterols
- 24) They are carriers of fat-soluble vitamins A,D,E,K
 - 1) Phospholipids
 - 2) Dietary fibers
 - 3) + Dietary fats
 - 4) Functional fibers
- 25) It is characterized as an Omega " ω-3 " fatty acid
 - 1) Linoleic Acid
 - 2) + α -Linolenic acid
 - 3) Arachidonic Acid
 - 4) Oleic Acid
- 26) They are classified as conjugated proteins.
 - 1) + Lipoproteins
 - 2) Globulins
 - 3) Glutelins
 - 4) Prolamins
- 27) It is referred to as the continual degradation and synthesizing of protein in the human body
 - 1) Protein hydrolysis
 - 2) Protein denaturation
 - 3) Protein digestion
 - 4) + Protein turnover
- 28) A condition that results from a severe deficiency in kilocalories.
 - 1) + Marasmus
 - 2) Kwashiorkor
 - 3) Wasting
 - 4) Stunting
- 29) They avoid meat, fish, poultry and dairy food products in their diet.
 - 1) Lacto-Vegetarians
 - 2) Lacto-Ovo-Vegetarians



- 3) + Ovo-Vegetarians
- 4) Semi Vegetarians
- 30) Most of them are not single molecules, but groups of related molecules
 - 1) Proteins
 - 2) Minerals
 - 3) + Vitamins
 - 4) Peptides
- 31) Vitamins that play important roles as antioxidants in the human body.
 - 1) Vitamin A and Vitamin D
 - 2) Folate, Vitamin B6 and Vitamin B12
 - 3) B-complex vitamins
 - 4) + Vitamin C and Vitamin E
- 32) A nutrient that must be consumed in adequate amount within daily diet.
 - 1) Beta (β)-Carotene
 - 2) + Ascorbic Acid
 - 3) Calciferol
 - 4) Alpha (α)-Tocopherol
- 33) The nutrients that do not need to be digested prior to apsorbtion in the human body
 - 1) Disaccharides
 - 2) + Minerals
 - 3) Proteins
 - 4) Glycerides
- 34) It is indicated as an extracellular mineral
 - 1) Potassium
 - 2) Calcium
 - 3) + Chloride
 - 4) Sulfur
- 35) It is indicated as an intracellular mineral
 - 1) Sodium
 - 2) + Potassium
 - 3) Chloride
 - 4) All answers are not correct
- 36) The vitamin tha enhance absorption of calcium, phosphorus and magnesium.
 - 1) + Vitamin D
 - 2) Vitamin C
 - 3) Vetamin E
 - 4) Vitamin A
- 37) The vitamin tha increases the absorption of iron.
 - 1) Pyridoxin
 - 2) Alpha (α)-Tocopherol
 - 3) + Ascorbic Acid
 - 4) Beta (β)-Carotene
- 38) The metabolic fate through which amino acids are used to make glucose.
 - 1) Glycogenesis
 - 2) + Gluconeogenesis
 - 3) Glycolysis
 - 4) All answers are correct
- 39) It is classified as a non-essential amino acid.
 - l) Histidine





- 2) Valine
- 3) Lysine
- 4) + Tyrosine
- 40) A vegetable oil that is rich in saturated fatty acids
 - 1) + Coconut oil
 - 2) Olive oil
 - 3) Sunflower oil
 - 4) Soybean oil
- The form in which lipids are absorped
 - 1) Glycolipids
 - 2) + Lipoproteins
 - 3) Phospholipids
 - 4) All answers are not correct