



قائمة الاسئلة

عام - ك

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

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- 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 Calorimetry
 - 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





- 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 absorption 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 that enhances absorption of calcium, phosphorus and magnesium.
1) + Vitamin D
2) - Vitamin C
3) - Vitamin E
4) - Vitamin A
- 37) The vitamin that increases the absorption of iron.
1) - Pyridoxin
2) - Alpha (α)-Tocopherol
3) + Ascorbic Acid
4) - Beta (β)-Carotene
- 38) The metabolic pathway 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.
1) - 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
- 41) The form in which lipids are absorbed
- 1) - Glycolipids
2) Lipoproteins
3) - Phospholipids
4) - All answers are not correct

