



قائمة الاسئلة

مادة تغذية انسان Nutrition Human - المستوى الثالث - التغذية العلاجية - د/ نجيب الصرمي

- 1) What symptom is commonly associated with chronic fluoride poisoning?
 - 1) - · A) Anemia
 - 2) + · B) Muscle weakness and spasms
 - 3) - · C) Blindness
 - 4) - · D) Memory loss
- 2) Vitamin A is essential for maintaining which function in the human body?
 - 1) - · A) Blood sugar regulation
 - 2) - · B) Bone density
 - 3) + · C) Night vision
 - 4) - · D) Heart rate
- 3) Which of the following is an early sign of vitamin A deficiency?
 - 1) - · A) Hair loss
 - 2) + · B) Foamy deposits (Bitot spots) in the eye
 - 3) - · C) Skin discoloration
 - 4) - · D) Muscle cramps
- 4) Which of the following disorders can affect the body's ability to absorb vitamin A?
 - 1) - · A) Type 2 diabetes
 - 2) - · B) Osteoporosis
 - 3) + · C) Cystic fibrosis
 - 4) - · D) High blood pressure
- 5) Which of the following groups is most at risk for vitamin D deficiency?
 - 1) - · A) People living near the equator
 - 2) + · B) Elderly individuals in nursing homes
 - 3) - · C) Children in rural areas
 - 4) - · D) People with high dairy intake
- 6) For a child at risk of vitamin A deficiency, which dietary intervention is recommended?
 - 1) - · A) Increase in citrus fruits
 - 2) + · B) Dark leafy greens and fortified milk
 - 3) - · C) Decrease in carbohydrate intake
 - 4) - · D) Increase in lean protein sources
- 7) What treatment is often recommended for severe cases of fluoride poisoning?
 - 1) - · A) Antibiotics
 - 2) + · B) Calcium administration and gastric lavage
 - 3) - · C) Vitamin supplements
 - 4) - · D) Fluoride rinse
- 8) In areas where table salt is not fortified with iodine, what is a common health intervention?
 - 1) - · A) Fluoride supplements
 - 2) - · B) Calcium supplements
 - 3) + · C) Iodine supplements
 - 4) - · D) Increased protein intake
- 9) What bone deformity can result from severe vitamin D deficiency in children?
 - 1) - · A) Osteoporosis
 - 2) + · B) Rickets
 - 3) - · C) Scoliosis
 - 4) - · D) Arthritis





- 10) Which immune cells are responsible for creating antibodies?
- 1) - A) T-cells
 - 2) - B) Red blood cells
 - 3) - C) Mast cells
 - 4) D) White blood cells
- 11) What is the difference between foodborne infection and intoxication?
- 1) - A) Infection involves toxins; intoxication involves live bacteria
 - 2) B) Infection is due to viable microbes; intoxication is due to toxins
 - 3) - C) Infection causes fatigue; intoxication causes energy loss
 - 4) - D) Infection affects immunity; intoxication does not
- 12) Which nutrient is commonly associated with immune function improvement?
- 1) - A) Vitamin D
 - 2) B) Vitamin C
 - 3) - C) Vitamin B12
 - 4) - D) Calcium
- 13) Which type of cell is crucial in an adaptive immune response?
- 1) - A) Mast cell
 - 2) B) T-cell
 - 3) - C) Platelet
 - 4) - D) Red blood cell
- 14) What is a primary method for controlling foodborne illnesses?
- 1) - A) Using unsafe food sources
 - 2) - B) Avoiding cooking raw foods
 - 3) C) Cleaning and sterilizing utensils
 - 4) - D) Consuming leftovers without heating
- 15) Which condition is associated with chronic inflammation caused by obesity?
- 1) - A) Cancer
 - 2) - B) Hyperthyroidism
 - 3) C) Diabetes
 - 4) - D) Influenza
- 16) What hormone released during stress can suppress the immune response?
- 1) - A) Insulin
 - 2) - B) Adrenaline
 - 3) C) Cortisol
 - 4) - D) Thyroxine
- 17) Which of these is NOT a factor that depresses immune function?
- 1) - A) Poor diet
 - 2) - B) Chronic stress
 - 3) C) Moderate exercise
 - 4) - D) Older age
- 18) Which type of antigen response can lead to allergic reactions in sensitive individuals?
- 1) - A) Enzymes
 - 2) - B) Toxins
 - 3) C) Allergens
 - 4) - D) Vitamins
- 19) What are the most common biological hazards responsible for foodborne illnesses?
- 1) - A) Heavy metals
 - 2) B) Bacteria and viruses
 - 3) - C) Pesticides





- 4) - D) Preservatives
- 20) What percentage of the foodborne disease burden affects children under 5 years old?
- 1) - A) 10%
- 2) - B) 25%
- 3) + C) 40%
- 4) - D) 50%
- 21) What is the primary cause of foodborne intoxication?
- 1) - A) Viruses in food
- 2) - B) Physical hazards in food
- 3) + C) Toxins from bacterial growth
- 4) - D) Parasites in food
- 22) How does aging affect immunity?
- 1) - A) It boosts the immune response
- 2) + B) It reduces immune cell production
- 3) - C) It increases antibody production
- 4) - D) It has no impact on immunity
- 23) Which immune disorder increases susceptibility to infections?
- 1) - A) Obesity
- 2) + B) Leukemia
- 3) - C) High cholesterol
- 4) - D) Rheumatoid arthritis
- 24) Which of the following is a physical hazard in food safety?
- 1) - A) Mold spores
- 2) - B) Salmonella
- 3) + C) Glass fragments
- 4) - D) Insecticides
- 25) Which international agency works to improve Yemen's food security and agriculture?
- 1) + A) FAO
- 2) - B) UNICEF
- 3) - C) WHO
- 4) - D) CARE
- 26) What is the aim of the Supplementary Nutrition Program (SNP) in Yemen?
- 1) - A) Increase food production
- 2) + B) Provide specialized food products to vulnerable groups
- 3) - C) Improve water access in rural areas
- 4) - D) Enhance school meal quality
- 27) Which micronutrient is commonly promoted to prevent anemia?
- 1) - A) Vitamin A
- 2) - B) Zinc
- 3) + C) Iron
- 4) - D) Calcium
- 28) Which population group is the primary focus of programs addressing low birth weight?
- 1) - A) Elderly men
- 2) + B) Women of reproductive age
- 3) - C) School-aged children
- 4) - D) Teenagers
- 29) Which dietary factor is promoted to reduce vitamin A deficiency?
- 1) - A) Increasing dairy intake
- 2) + B) Consuming fortified foods





- 3) - C) Drinking more water
4) - D) Avoiding spicy food
- 30) What is one of the strategies to control maternal undernutrition?
1) - A) Increase physical labor for women
2) + B) Detect undernutrition at an early stage
3) - C) Promote higher pregnancy rates
4) - D) Limit food variety
- 31) Which factor does UNDP address to improve nutrition in Yemen?
1) - A) Emergency healthcare
2) + B) Socio-economic factors
3) - C) School curriculum
4) - D) Environmental hazards
- 32) Which national program targets improving food security at the household level?
1) - A) Mid-Day Meal Program
2) - B) Supplementary Nutrition Program (SNP)
3) - C) School Health Program
4) + D) Household Food Security Initiative
- 33) What is one of the goals for controlling iron deficiency anemia in Yemen?
1) - A) Increase salt intake
2) + B) Use fortified foods
3) - C) Decrease protein consumption
4) - D) Encourage dairy products
- 34) What are the two main forms of protein-energy malnutrition?
1) + A) Kwashiorkor and marasmus
2) - B) Anemia and scurvy
3) - C) Rickets and osteoporosis
4) - D) Goiter and pellagra
- 35) Which vitamin deficiency is associated with rickets in children?
1) - A) Vitamin C
2) - B) Vitamin B12
3) + C) Vitamin D
4) - D) Vitamin K
- 36) Which health practice is promoted to prevent vitamin A deficiency in children?
1) - A) Decreasing protein intake
2) + B) Exclusive breastfeeding
3) - C) Reducing carbohydrate consumption
4) - D) Increasing sugary food intake
- 37) Which group is prioritized for iron and folate supplementation?
1) - A) Children under five
2) + B) Pregnant and lactating women
3) - C) Elderly individuals
4) - D) Adolescent boys
- 38) What dietary strategy is emphasized to prevent zinc deficiency?
1) + A) Increase meat consumption
2) - B) Reduce intake of processed foods
3) - C) Eat more fruits
4) - D) Avoid dairy
- 39) What is a common outcome of parasitic infections in relation to anemia?
1) - A) Improved iron absorption





- 2) - B) Reduced risk of anemia
3) + C) Depletion of body iron stores
4) - D) Decreased protein needs
- 40) What role does iron play in the body that affects anemia?
1) - A) Iron is involved in fat storage
2) - B) Iron produces antibodies
3) + C) Iron is necessary for hemoglobin production
4) - D) Iron aids in carbohydrate digestion
- 41) Which population is particularly at risk of folate deficiency anemia?
1) - A) Elderly adults
2) - B) Vegetarians
3) - C) Adolescents
4) + D) Pregnant women
- 42) Which food is naturally rich in folate?
1) - A) White rice
2) + B) Leafy green vegetables
3) - C) Cheese
4) - D) Beef
- 43) What is a common neurological symptom of vitamin B12 deficiency?
1) - A) Improved memory
2) + B) Numbness and tingling
3) - C) Increased appetite
4) - D) Faster reflexes
- 44) Which laboratory test is often used to diagnose iron deficiency anemia?
1) - A) Blood sugar test
2) + B) Serum Ferritin test
3) - C) Urine test
4) - D) Liver function test
- 45) What is a risk factor for vitamin B12 deficiency anemia?
1) - A) High protein diet
2) + B) Vegan or vegetarian diet
3) - C) Low carbohydrate intake
4) - D) High dairy consumption
- 46) Which complication is associated with untreated anemia in children?
1) - A) Reduced energy only
2) - B) Enhanced cognitive skills
3) + C) Developmental delays
4) - D) Increased athletic performance
- 47) What is a dietary prevention strategy for folate deficiency anemia?
1) + A) Consume fortified grains
2) - B) Reduce protein intake
3) - C) Avoid green vegetables
4) - D) Drink only water
- 48) How does anemia potentially affect the heart?
1) - A) Reduces heart rate
2) + B) Leads to heart failure in severe cases
3) - C) Strengthens cardiac function
4) - D) Has no effect on the heart
- 49) What is a short-term complication of untreated anemia?





- 1) - A) Hair growth
 - 2) B) Cognitive impairment
 - 3) - C) Skin darkening
 - 4) - D) Faster metabolism
- 50) What treatment is commonly recommended for iron deficiency anemia?
- 1) - A) Vitamin C injections
 - 2) B) Iron supplements taken with vitamin C
 - 3) - C) Reduced intake of iron-rich foods
 - 4) - D) Increased water intake
- 51) What type of anemia is associated with megaloblastic red blood cells?
- 1) A) Folate deficiency anemia
 - 2) - B) Iron deficiency anemia
 - 3) - C) Hemolytic anemia
 - 4) - D) Sickle cell anemia
- 52) Which nutrient deficiency is most likely to cause a swollen, smooth red tongue (glossitis)?
- 1) - A) Iron
 - 2) - B) Vitamin D
 - 3) C) Folate
 - 4) - D) Calcium
- 53) What is a primary prevention method for nutritional anemia in public health?
- 1) - A) Avoiding fortified foods
 - 2) B) Implementing food fortification programs
 - 3) - C) Encouraging restricted diets
 - 4) - D) Limiting fruit and vegetable intake
- 54) What is a common diagnostic tool for differentiating types of anemia?
- 1) A) Bone marrow biopsy
 - 2) - B) X-ray
 - 3) - C) Skin test
 - 4) - D) Vision test
- 55) Which microorganism is commonly used in the fermentation of bread?
- 1) - · A) Lactobacillus
 - 2) · B) Saccharomyces cerevisiae
 - 3) - · C) Streptococcus
 - 4) - · D) Bacillus subtilis
- 56) What is the purpose of adding iron to grains in food fortification?
- 1) - · A) Enhance taste
 - 2) - · B) Prevent goiter
 - 3) · C) Combat anemia
 - 4) - · D) Improve digestibility
- 57) Which food is a natural source of iodine?
- 1) - · A) Potatoes
 - 2) - · B) Table salt
 - 3) · C) Seaweed
 - 4) - · D) Carrots
- 58) What is one of the basic requirements for food fortification?
- 1) - · A) Food must be high in protein
 - 2) · B) Food must be acceptable to the population
 - 3) - · C) Food should taste sweet
 - 4) - · D) Food must be available only seasonally





- 59) What is the main function of lactic acid bacteria in milk fermentation?
- 1) - · A) Convert proteins to fat
 - 2) + · B) Transform lactose to lactic acid
 - 3) - · C) Add calcium to milk
 - 4) - · D) Create enzymes
- 60) Which of the following is a key benefit of fermentation?
- 1) - · A) Increased inflammation
 - 2) + · B) Enhanced immune system
 - 3) - · C) Decreased protein content
 - 4) - · D) Loss of vitamins
- 61) Which nutrient is commonly added to packaged fruit juices as part of food fortification?
- 1) - · A) Vitamin D
 - 2) - · B) Calcium
 - 3) + · C) Vitamin C
 - 4) - · D) Vitamin B12
- 62) What is a significant advantage of food fortification over dietary supplements?
- 1) + · A) Low cost and easy implementation
 - 2) - · B) Requires a change in eating habits
 - 3) - · C) Alters food's flavor
 - 4) - · D) Increases vitamin D specifically
- 63) Which nutrient deficiency is specifically targeted by using iodized salt?
- 1) - · A) Vitamin B12 deficiency
 - 2) + · B) Iodine deficiency
 - 3) - · C) Iron deficiency
 - 4) - · D) Calcium deficiency
- 64) Which condition results from inadequate intake of vitamin D in infants?
- 1) - · A) Osteoporosis
 - 2) + · B) Rickets
 - 3) - · C) Scurvy
 - 4) - · D) Night blindness
- 65) Which method improves the digestibility and nutrient absorption of legumes?
- 1) - · A) Cooking in oil
 - 2) - · B) Freezing
 - 3) + · C) Sprouting
 - 4) - · D) Drying
- 66) Which modern approach is widely adopted for tackling vitamin A deficiency in children at risk?
- 1) - · A) Dairy intake increase
 - 2) + · B) Vitamin A supplementation
 - 3) - · C) High protein diet
 - 4) - · D) Exercise
- 67) Why is food fortification with nutrients considered socially acceptable?
- 1) - · A) People must change dietary habits
 - 2) + · B) It doesn't change food's taste or appearance
 - 3) - · C) It's only for luxury foods
 - 4) - · D) It requires government approval
- 68) What is one of the dietary recommendations for lactating women?
- 1) - · A) Avoid dairy products
 - 2) + · B) Eat extra meals daily for more nutrients
 - 3) - · C) Consume only vegetables





- 4) - · D) Drink minimal fluids
- 69) Which of the following is a benefit of germination in food grains?
- 1) - · A) Adds preservatives
- 2) + · B) Enhances vitamin C content
- 3) - · C) Decreases nutrient absorption
- 4) - · D) Reduces protein content
- 70) What is a common recommendation for pregnant women to avoid nausea?
- 1) - · A) Eat large meals
- 2) - · B) Skip meals
- 3) + · C) Eat small, frequent meals
- 4) - · D) Drink water

