**I. Lipids Review Questions**

1. Margarine is usually made by a process called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, in which hydrogen atoms are added to carbon- carbon double bonds in the polyunsaturated fatty acids found in vegetable oils.

a. saturation

b. esterification

c. isomerization

d. hydrogenation

2. Essential fatty acids that cause a decrease in blood clotting are

a. omega-3

b. omega-6

c. omega-9

d. prostacyclins

3. Cholesterol is

a. a dietary essential, the human body cannot synthesize it

b. found in foods of plant origins

c. an important part of human cell membranes and necessary to make some hormones

d. All of the above

4. Which of the following groups of food would be an important source of saturated fatty acids?

a. olive oil, peanut oil, canola oil

b. palm oil, palm kernel oil, coconut oil

c. safflower oil, corn oil, soybean oil

d. All of the above

5. Lipoproteins are important for

a. transport of fats in the blood and lymphatic system

b. synthesis of triglycerides

c. synthesis of adipose tissue

d. enzyme production

6. Which of the following foods is the best source of omega-3 fatty acids?

a. fatty fish

b. peanut butter and jelly

c. lard (=شحم الخنزير) and shortenings

d. beef and other red meats

7. Immediately after a meal, newly digested and absorbed dietary fats appear in the lymph, and then blood, as part of which of the following?

a. LDL

b. HDL

c. chylomicrons

d. cholesterol

8. High blood concentrations of \_\_\_\_\_\_\_\_\_\_\_\_\_\_, decrease the risk for cardiovascular disease.

a. low-density lipoproteins

b. chylomicrons

c. high-density lipoproteins

d. cholesterol

9. Phospholipids such as lecithin are used extensively in food preparartion because they

a. provide the agreeable feel of fat melting on the tongue

b. are excellent emulsifiers

c. provide important textural features

d. impart delicate flavors

10. The main form of lipid found in the food we eat

a. cholesterol

b. phospholipids

c. triglycerides

d. plant sterols

ANSWERS: D, A, C, B, A, A, C, C, B, C

**II. Proteins Review Questions**

1. A nutrient that could easily be deficient in the diet of a vegan would be

a. vitamin C

b. folic acid

c. calcium

d. All of the above

2. If an essential amino acid is unavailable for protein synthesis

a. the cell will make the amino acid

b. synthesis of the protein will stop

c. cell will continue to attach amino acids to the protein

d. partially completed proteins will be stored for later completion

3. An example of protein complementation used in the vegetarian diet planning would be

a. cereal and milk

b. bacon and eggs

c. rice and beans

d. macaroni and cheese

4. Absorption of the amino acids takes place in the

a. stomach

b. liver

c. small intestine

d. large intestine

5. Jack is not an athlete and weighs 80 kgs. His RDA for protein would be

a. 32

b. 40

c. 64

d. 80

Answers: C, B, C, C, C

**Energy Review Questions**

1. Decreasing energy intake by about 400 to 500 cal per day would mean loss of about 1 pound (approx. half a kg) of body fat stores in \_\_\_\_\_\_\_ days

a. 2

b. 7

c. 10

d. 14

2. Thermic effect of food represents the energy cost of:

a. chewing the food

b. peristalsis

c. basal metabolism

d. digesting, absorbing, and packaging nutrients

3. A well-designed diet should

a. increase physical activity

b. alter problem behaviors

c. reduce energy intake

d. All of the above

4. Basal metabolism

a. Represents about 30% of the total energy expenditure

b. is energy used to maintain heartbeat, respiration, and other basic functions and daily activities

c. represents about 60- 70% of total calories used by the body during a day

d. includes the energy used to digest food

5. All of the following are associated with a higher BMR except

a. stress

b. starvation

c. fever

d. pregnancy

6. The major goal of weight reduction in the treatment of obesity is the loss of

a. weight

b. body fat

c. body water

d. body protein

Answers: B, D, D, B, B, B