

Name: _____ I.D. # _____

Please encircle your section

Please take note of the following exam regulations:

Talking, improper seating, borrowing items (calculators, pens, correctors, etc.) are not permitted. Questions are not allowed during the exam. The exam sheets will be collected by the end of the period assigned in the official schedule. No extra time will be granted. The student has to leave the exam hall once he/she hands on the exam sheets. If caught cheating the exam sheets will be confiscated immediately and the student will have to leave the exam hall.

Every proctor in the exam hall will exercise the right to keep and apply the regulations mentioned above.

The use of cellular phones is strictly prohibited.

Multiple-Choice Questions (52 questions, 2 pts each). Choose One Correct Answer.

1. Health is best defined as
 - a. the absence of disease
 - b. the absence of infirmity
 - ☒ c. a state of complete physical, mental and social well-being
 - d. both a and b
2. The ability to develop satisfying interpersonal relationships is an example of which component of health?
 - a. behavioral
 - ☒ b. social
 - c. sexual
 - d. intellectual

All of the following are associated with intellectual health except

- a. your openness to new ideas
- b. your ability to think and learn from life's experiences
- ☒ c. your emotional stability
- d. your capacity to question and evaluate information

4. Which of the following statements concerning psychological health is incorrect?
- a. it includes mental health and emotional health
 - b. it can be disrupted by physical illness
 - c. a bad psychological state can prolong illness
 - ☒ d. none of the above
5. Deeply religious people of all faiths tend to benefit in all the following areas except
- a. longer life expectancy
 - b. quicker recovery from illness
 - ☒ c. fewer automobile accidents
 - d. enhanced quality of life
6. Which of the following statements is incorrect?
- a. You can prevent health problems by educating yourself about them and then avoiding the risky behavior that may cause them
 - b. Prevention involves specific actions that an individual can take when participating in risky behavior to prevent health threats
 - c. An example of a preventive measure is to avoid driving in icy, snowy conditions, and an example of a protective measure is to put chains on your tires
 - ☒ d. None of the above
7. Stress can be defined as:
- a. A negative emotional state related to fatigue and similar to depression
 - b. The end result of the general adaptation syndrome
 - c. The physiological and psychological response to any event or situation that either upsets or excites us
 - ☒ d. A motivational strategy for making life changes
8. All of the following events would most likely cause eustress except
- a. birth
 - b. job promotion
 - c. wedding
 - ☒ d. death
9. Stressors
- ☒ a. can result in both physiological and psychological disturbances
 - b. are always negative life experiences which upset us
 - c. have generally the same impact on different people
 - d. All of the above
10. During which stage of the General Adaptation Syndrome does the body respond with changes that temporarily lower resistance?
- a. adaptive
 - b. alarm
 - ☒ c. resistance
 - d. exhaustion

11. Which of the following personality traits linked with type A personality seems to be the most harmful?
- a. confidence
 - b. pride
 - ☒ c. hostility
 - d. determination
12. Adjustment disorder
- a. is a response to an out-of-the-ordinary stressor
 - ☒ b. is generally treated by psychotherapy and medication
 - c. leads to emotional numbness
 - d. none of the above
13. All of the following are common warning signs of stress overload except
- a. becoming accident-prone
 - b. having frequent illnesses
 - ☒ c. committing violent crimes
 - d. feeling irritable
14. A psychological response to an out-of-the-ordinary stressor defines
- a. psychosis
 - b. an adjustment disorder
 - c. distress
 - ☒ d. posttraumatic stress disorder
15. What is procrastination?
- a. the ability to cope well with small day-to-day stressors
 - ☒ b. putting off difficult / unpleasant tasks or decisions
 - c. a positive coping mechanism
 - d. a relaxation technique
16. All the following behaviors aggravate the effect of stress on the body except
- a. skipping meals
 - b. gulping food
 - ☒ c. eating sugary snacks
 - d. none of the above
17. Which of the following is a stress-management strategy?
- a. Maintaining good sense of humor
 - b. Altruism
 - c. Relaxation techniques
 - ☒ d. All of the above
18. You can achieve total fitness by
- a. Just doing aerobic exercise
 - b. Just doing exercises for strength and endurance
 - ☒ c. Alternating aerobic exercises, stretching, strength and endurance exercises
 - d. Total fitness is unachievable

19. Which of the following statements concerning the target heart rate is false?
- a. It is the rate at which the heart should be beating during exercise for heart and lung benefit
 - b. It is generally higher for males than for females of the same age
 - c. It decreases with age
 - ☒ d. None of the above
20. Strengthening the shoulders involves working out which muscles?
- a. Pectorals
 - ☒ b. Deltoids
 - c. Quadriceps
 - d. Hamstrings
21. To improve muscular endurance, it is best to:
- a. Use light loads with few repetitions
 - ☒ b. Use light loads with many repetitions
 - c. Use heavy loads with few repetitions
 - d. Use heavy loads with many repetitions
22. Exercising helps reduce body fat because
- a. one burns off calories during exercise
 - b. a person's metabolism remains high many hours after a training session
 - c. exercise builds muscles which are a great fat-burning tissue even at rest
 - ☒ d. all of the above
23. Effects of physical activity on the body include all of the following except:
- a. reduced risk of cardiovascular diseases
 - b. faster wound healing
 - ☒ c. decreased bone mass
 - d. increased lean body tissue
24. Ideally, regular exercise should be performed
- a. At least 1 time per week
 - ☒ b. At least 3 times per week
 - c. Whenever one has available time
 - d. None of the above
25. The diet of a physically active individual should include
- ☒ a. more carbohydrates than proteins or lipids
 - b. more proteins than carbohydrates or lipids
 - c. more lipids than carbohydrates or proteins
 - d. equal amounts of proteins, carbohydrates and lipids
26. Which of the following should seek medical advice before starting physical training?
- a. diabetic people
 - b. people who suffer from joint problems
 - c. people with a family history of heart problems
 - ☒ d. all of the above

27. Signs of over-training include all except:
- a. Persistent muscle soreness
 - b. Inability to relax
 - c. Unintended weight loss
 - ☒ d. None of the above
28. Which of the following statement is false?
- ☒ a. Jogging with impermeable dark, long-sleeved jacket at noontime makes you lose more calories
 - b. One should drink water during long exercises
 - c. Taking amino acid supplements is not necessary for muscular training
 - d. None of the above
29. In nutrition, the word essential means:
- a. necessary for good health and proper functioning of the body
 - ☒ b. a necessary nutrient that can be obtained only from the diet
 - c. that the body can manufacture the nutrient from raw materials
 - d. compounds the body can make for itself
30. Which of the following nutrients helps build new tissue and provides calories?
- ☒ a. carbohydrates
 - b. proteins
 - c. fats
 - d. vitamins
31. Which of the following foods are best sources of complete (high-quality) proteins?
- ☒ a. lentils
 - b. beans
 - c. eggs
 - d. grains
32. Experts recommend that adults consume _____ of total daily calories as carbohydrates.
- a. 5-15%
 - b. 10-30%
 - ☒ c. 50-60%
 - d. 70-80%
33. All of the following are sources of dietary fiber except:
- a. Grains
 - b. Fruits
 - c. Vegetables
 - ☒ d. Dairy products
34. Which of the following statements concerning saturated fatty acids is incorrect?
- ☒ a. they provide more calories per gram weight than polyunsaturated fatty acids
 - b. they are mainly found in animal fats
 - c. they are generally solid at room temperature
 - d. a rich food source is coconut oil

35. A good source of omega-3 fatty acids is:
- Chicken
 - Red meat
 - ☒ Salmon
 - Green leafy vegetables
36. A food provides 8 grams of fat and 300 total calories. What is the percentage of calories as fat in this product?
- ☒ 24%
 - 30%
 - 48%
 - 52%
37. Which of the following statements about trans-fatty acids is false?
- they are made by the body
 - they arise when unsaturated oils are hydrogenated
 - they occur naturally in foods in large amounts
 - ☒ two of the above
38. All of the following are true of cholesterol except:
- ☒ it is only found in animal food products
 - it provides energy
 - it is used by the body to form steroid hormones
 - it is made by the liver from saturated fatty acids (SFA)
39. Which of the following is not a fat-soluble vitamin?
- Vitamin A
 - Vitamin D
 - ☒ Vitamin B
 - Vitamin K
40. Which of the following is incorrect of water-soluble vitamins?
- Are either used up or excreted from the body
 - Must be replaced daily
 - Generally accumulate in the body and become toxic
 - ☒ Symptoms of deficiency develop relatively early
41. Which of the following is not a function of vitamin C?
- Protects against infections
 - Aids in the absorption of iron
 - Protects against damage caused by free radicals
 - ☒ None of the above
42. A mineral is classified as micro or macro based on which of the following criterion?
- the daily amount needed by an adult
 - its size
 - ☒ its importance for the body
 - ☒ both b and c

43. Which of the following is a major function of sodium (Na)?
- a. Regulation of energy production
 - ☒ b. Regulation of body water distribution
 - c. Component of the bone
 - d. Aids in iron absorption
44. Deficiency of which of the following nutrient can cause anemia?
- a. iron
 - b. vitamin E
 - c. vitamin D
 - ☒ d. both a and b
45. Phytochemicals are:
- a. Substances found in animal products
 - b. Substances found in plant products
 - c. By-products of metabolism
 - ☒ d. Linked to the development of some cancers
46. Which of the following is not an item for control in a healthy diet?
- a. Cholesterol
 - b. Sugars
 - ☒ c. Sodium
 - d. None of the above
47. Important supplements for pregnant women include all the following except
- a. Calcium
 - ☒ b. Folate
 - c. Iron
 - d. None of the above
48. Food labels are based on how many calories per day?
- a. 1500
 - b. 2000
 - c. 2300
 - ☒ d. The daily calorie intake is not taken into account in food labels
49. Bacteria are more frequently involved in food-borne diseases than parasites and viruses because
- a. they are not destroyed by cooking
 - b. they are not destroyed by freezing
 - c. they can multiply on food
 - ☒ d. two of the above
50. Which of the following food-borne diseases can most commonly be fatal (deadly)?
- a. Salmonella infection
 - b. Taenia infection
 - c. Botulism
 - d. None of the above

51. All of the following are good strategies to protect oneself from food-borne biological hazards except

- a. not eating raw eggs
- b. cooking chicken thoroughly
- ☒ c. keeping animal food products between 10 – 15°C
- d. avoiding cross-contamination

52. Man-added chemicals include all the following except

- a. mycotoxins
- b. nitrites
- c. pesticides
- ☒ d. metals from food containers

END OF EXAM

Choose your section:

Multiple Choice Questions. Choose One Correct Answer.

(52 questions; 2 points each)

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1	a	b	<u>c</u>	d
2	a	<u>b</u>	c	d
3	a	b	<u>c</u>	d
4	a	b	c	<u>d</u>
5	a	b	<u>c</u>	d
6	a	a	c	<u>d</u>
7	a	b	c	<u>d</u>
8	a	b	c	<u>d</u>
9	<u>a</u>	b	c	d
10	a	a	<u>b</u>	d
11	a	b	<u>c</u>	d
12	a	a	c	a
13	a	b	<u>c</u>	d
14	a	b	c	<u>d</u>
15	a	<u>b</u>	c	d
16	a	b	<u>b</u>	a
17	a	b	c	<u>d</u>
18	a	b	<u>b</u>	d
19	a	b	c	<u>d</u>
20	a	<u>b</u>	c	d
21	a	<u>b</u>	c	d
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24	a	<u>b</u>	c	d
25	<u>a</u>	b	c	d
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29	a	<u>b</u>	c	d
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31	<u>a</u>	b	a	d
32	a	b	<u>c</u>	d
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35	a	b	<u>c</u>	d
36	a	<u>b</u>	c	d
37	a	b	c	<u>d</u>
38	<u>a</u>	a	c	d
39	a	b	<u>c</u>	d
40	a	b	a	<u>b</u>
41	a	b	c	<u>b</u>
42	a	b	<u>c</u>	d
43	a	<u>b</u>	c	d
44	a	b	c	<u>d</u>
45	a	a	c	<u>b</u>
46	a	b	<u>c</u>	a
47	a	<u>b</u>	c	a
48	a	a	c	<u>d</u>
49	a	b	c	<u>d</u>
50	a	b	<u>c</u>	d
51	a	b	<u>c</u>	d
52	a	b	c	<u>d</u>