

Notre Dame University
Faculty of Natural & Applied Sciences
Department of Sciences
NTR 201 - Basic Human Nutrition
Sample #

Multiple Choice Questions (52 questions, 2 pts each). Choose One Correct Answer.
The correct answers in bold

- 1- Which of the following increase breakdown of fat
 - a- insulin
 - b- glucagon
 - c- **epinephrine (adrenaline)**
 - d- All of the above
- 2- If a person used a low-saturated fat diet to lower his or her risk of heart disease, which of the following foods would he or she use frequently?
 - a- Whole milk
 - b- **Oil- vinegar salad dressing**
 - c- Butter
 - d- Cheese
- 3- Which of the following is the best dietary source of cholesterol?
 - a- **cheese**
 - b- peanuts
 - c- palm oil
 - d- halawi (sesame paste+sugar)
- 4- Which of the following statements about oleic acid is false?
 - a- **it is an "essential" fatty acid**
 - b- it is found in foods of plant origin
 - c- it is a monounsaturated fatty acid
 - d- all the above statements about oleic acid are true
- 5- For a 3000 Kcal diet, fat intake should not exceed
 - a- 100 Kcal
 - b- 300 Kcal
 - c- 600 Kcal
 - d- **900 Kcal**
- 6- Fatty acids circulate in the blood attached to
 - a- bile salts
 - b- **albumin**
 - c- hemoglobin
 - d- all of the above
- 7- Which of the following is referred to as bad cholesterol?
 - a- triglycerides
 - b- cholesterol esters
 - c- **LDL**
 - d- HDL

- 8- The process of making glucose from non-carbohydrate nutrients such as amino acids and fatty acids is called
- a- lipogenesis
 - b- **gluconeogenesis**
 - c- glycogenesis
 - d- both b and c
- 9- The main organs where glycogen is stored in the human body are the:
- a- heart & liver
 - b- muscles & adipose tissue
 - c- intestine & liver
 - d- **liver & muscles**
- 10- Which of the following is not a major food source of starch?
- a- **orange**
 - b- bread
 - c- rice
 - d- potatoes
- 11- Lactose
- a- **is milk sugar**
 - b- contains Sucrose
 - c- is the common table sugar
 - d- both a & c
- 12- Glycogen is
- a- the storage form of fats in animals
 - b- found in the covering of grains
 - c- found only in the liver cells
 - d- **the storage form of glucose in animals**
 - e- both c & d
- 13- John ate a sandwich that contained 30g of carbohydrate. How many Kcalories are available from the carbohydrate?
- a- 90
 - b- **120**
 - c- 150
 - d- 180
 - e- 270
- 14- A food contains organic molecules with the element carbon, hydrogen and oxygen in the ratio of 1:2:1. Which type of compound is this?
- a- fatty acid
 - b- protein
 - c- **carbohydrate**
 - d- lignin
- 15- The main carbohydrate found in the bloodstream is
- a- fructose
 - b- **glucose**
 - c- glycogen
 - d- galactose

- 16- Which of the following food(s) provide the body with essential fatty acids
- a- fish
 - b- meat
 - c- soybean oil
 - d- **a and c**
 - e- all of the above
- 17- Which of the following carbohydrates foods provides the quickest energy
- a- Slice of bread
 - b- potatoes
 - c- chicken
 - d- **Orange juice**
- 18- Sugar alcohols are
- a- not absorbed
 - b- **absorbed more slowly than glucose**
 - c- absorbed more rapidly than glucose
 - d- absorbed at the same rate as glucose
- 19- The major portion of carbohydrate digestion occurs in the
- a- mouth
 - b- esophagus
 - c- stomach
 - d- **small intestine**
- 20- Which of the following processes does not add glucose to the blood?
- a- glycogenesis
 - b- glycogenolysis in the muscles
 - c- gluconeogenesis
 - d- **a and b**
 - e- all of the above
- 21- Which of the following is a false statement about fibers?
- a- all are from plant origin
 - b- all provide the human body with 0 calories
 - c- **all are insoluble**
 - d- a and c
- 22- Excess glucose in the blood is usually
- a- absorbed and stored in brain tissue
 - b- reassembled and stored as cellulose in animals
 - c- excreted in bile salts
 - d- **none of the above**
- 23- Which is true about glycogen?
- a- **is made of branched chains of glucose units**
 - b- is major storage form of polysaccharides in plants
 - c- main dietary source includes grains, vegetables and legumes
 - d- all of the above
- 24- Which diet is richest in (dietary) fiber?
- a- **bran cereal**
 - b- hamburger
 - c- "manakish" (thyme pie)
 - d- pouched eggs

- 25- In gluconeogenesis, which of the following is used to produce glucose?
- a- **amino acids**
 - b- fructose
 - c- glycogen
 - d- starch
 - e- both a) and b)
- 26- Degradation of lactose produces
- a- glucose + glucose
 - b- **glucose + galactose**
 - c- glucose + fructose
 - d- galactose + galactose
- 27- Which of the following is a good source of fibers?
- a- covering of grains and seeds
 - b- vegetables
 - c- table sugar
 - d- **both a) and b)**
 - e- all of the above
- 28- Which is a false statement about Olestra
- a- It is used as a fat substitute
 - b- It is not digestible by the human body
 - c- It is not used a lot because it has some side effects such as digestive upset
 - d- **None of the above**
- 29- Which of the following statements are correct concerning the saturation of fats?
- a- The degree of saturation depends on the relative amount of hydrogen in the fatty acids that make up the fat
 - b- The most unsaturated fats come from animal food sources
 - c- Fats composed of fatty acids with two or more double bonds in their structure are called polyunsaturated
 - d- **a & c**
 - e- b & c
- 30- Saturated fatty acids can be obtained from which of the following diets?
- a- meat
 - b- avocados
 - c- palm oil
 - d- **a and c**
- 31- The client who has heart disease (atherosclerosis) is encouraged to include which of the following foods as part of the dietary management?
- a- whole milk products
 - b- **high-fiber foods**
 - c- low-fiber foods
 - d- a and b
- 32- A client on a restricted low-fat diet should eliminate which of the following foods from the diet?
- a- **butter and cheese**
 - b- rice and wheat
 - c- fruits and vegetables
 - d- tea and coffee

- 33- According to the food guide pyramid, the foods that should constitute the **major** part of the diet include:
- a- foods rich in fats
 - b- foods rich in complex-carbohydrates**
 - c- foods rich in proteins
 - d- all the foods listed should be consumed in equal amounts
- 34- Which of the following statements about lipid digestion and absorption is false?
- a- emulsification is performed by bile
 - b- lipid digestion occurs mainly in the small intestine
 - c- in infants, enzymatic digestion of lipids starts in the mouth
 - d- absorbed dietary lipids join the lymphatic vessels packed as micelles**
- 35- Saturated fatty acids contain how many double bonds?
- a- zero**
 - b- one
 - c- two
 - d- more than two
- 36- Which of the following is a simple lipid?
- a- fatty acid
 - b- triglyceride
 - c- phospholipid
 - d- both a) and b)**
 - e- all of the above
- 37- The sum of the biochemical reactions in the body that synthesize molecules is called
- a- anabolism**
 - b- catabolism
 - c- metabolism
 - d- a and b
- 38- Which of the following is a hypoglycemic hormone
- a- glucagon
 - b- insulin**
 - c- epinephrine (adrenaline)
 - d- a and c
- 39- Which of the following nutrients provides the body with energy
- a- water
 - b- vitamins
 - c- fats**
 - d- minerals
 - e- all of the above
- 40- The body's quickest source of fuel for energy is:
- a- fibers
 - b- carbohydrates**
 - c- fat
 - d- vitamins
 - e- both a and b

- 41- The nutrients used mostly for tissue building are:
- a- **protein**
 - b- fatty acids
 - c- vitamins
 - d- water
 - e- all of the above
- 42- Evidence of good nutrition includes:
- a- smooth, clear skin
 - b- mental and physical alertness
 - c- ideal weight for body composition
 - d- a and c
 - e- **all of the above**
- 43- Those most vulnerable (affected) to malnutrition include:
- a- infants
 - b- children
 - c- pregnant women
 - d- elderly
 - e- **all of the above**
- 44- Which of the following kinds of nutrients are classified as macronutrients?
- a- proteins
 - b- lipids
 - c- vitamin
 - d- **a and b**
 - e- all of the above
- 45- Which of the factors is associated with a reduced risk of cardiovascular disease?
- a- **raised HDL**
 - b- raised total cholesterol
 - c- raised LDL
 - d- none of the above
- 46- In the body, fat travels from place to place packaged as particles that also contain.
- a- **protein**
 - b- carbohydrate
 - c- glycogen
 - d- none of the above
- 47- When two or more double bonds are contained in the carbon chain of a fatty acid, it is called:
- a- dipeptide
 - b- **polyunsaturated**
 - c- saturated
 - d- phospholipid
- 48- Which of the following statements is false?
- a- a monoglyceride is made up of 1 glycerol and 1 fatty acid
 - b- a diglyceride is made up of 1 glycerol and 2 fatty acids
 - c- a triglyceride is made up of 1 glycerol and 3 fatty acids
 - d- glycerides are esters of fatty acids and glycerol
 - e- **a triglyceride is made up of 3 glycerol and 1 fatty acid**

49- Which of the following statements is true?

- a- adipose tissue stores fat
- b- the liver packages fats as lipoproteins
- c- chylomicrons are lipoproteins found in the blood and in the lymph
- d- insulin favors lipogenesis
- e- **all of the above statements are true**

50- The distinctive properties of lipids are

- a- their insolubility in water
- b- their solubility in water
- c- their solubility in organic solvents (ether, benzene)
- d- their insolubility in organic solvents
- e- **both a and c**

51- John's sandwich contained 22g of fat. How many Kcalories did John derive from fat in his sandwich?

- a- 88
- b- 132
- c- **198**
- d- 154
- e- 66

52- Which of these is an essential fatty acids

- a- Stearic acid
- b- Palmitic acid
- c- **Linoleic acid**
- d- Oleic acid