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

Name:	
<i>I.D.</i> #:	

Please take note of the following exam regulations:

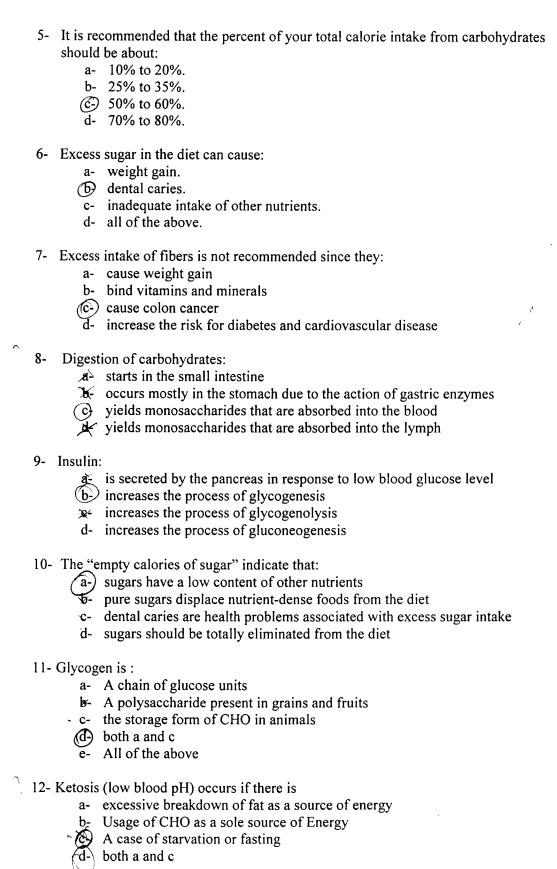
Talking, improper seating, borrowing items (calculators, pens, correctors, etc.) are not permitted. Questions are not allowed during the exam. The exam sheets will be collected by the end of the period assigned in the official schedule. No extra time will be granted. The student has to leave the exam 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.

N.B.: Make sure that your cellular phones are turned off.

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

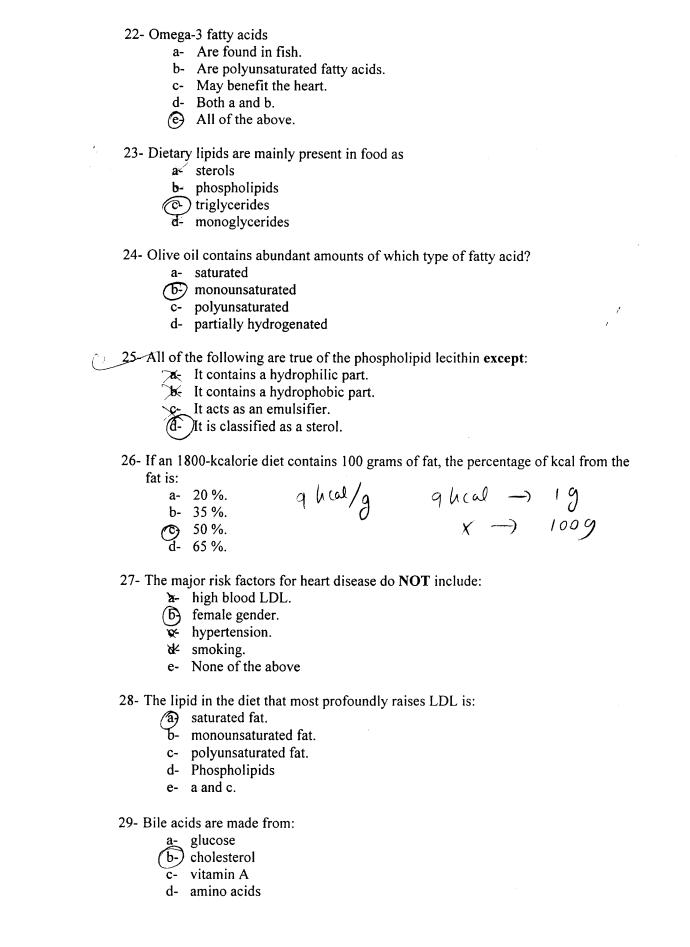
- 1- Low blood sugar is termed
 - a- Hyperglycemia.
 - (b) Hypoglycemia.
 - c- Hyperthermia.
 - d- Hypothermia.
- 2- Glucose is the primary energy source for:
 - (a) brain cells
 - b- red blood cells
 - c- skin cells
 - d- all of the above
- 3- The diet for a diabetic person should be high in:
 - a- sugar.
 - b) dietary fiber.
 - c- alcohol.
 - d- cholesterol.
- 4- Cellulose, hemicellulose, and lignin are fibers found in:
 - a- ripe fruits.
 - b plant walls, skins, peels, and bran layers of grains.
 - c- pectin.
 - d- food additives

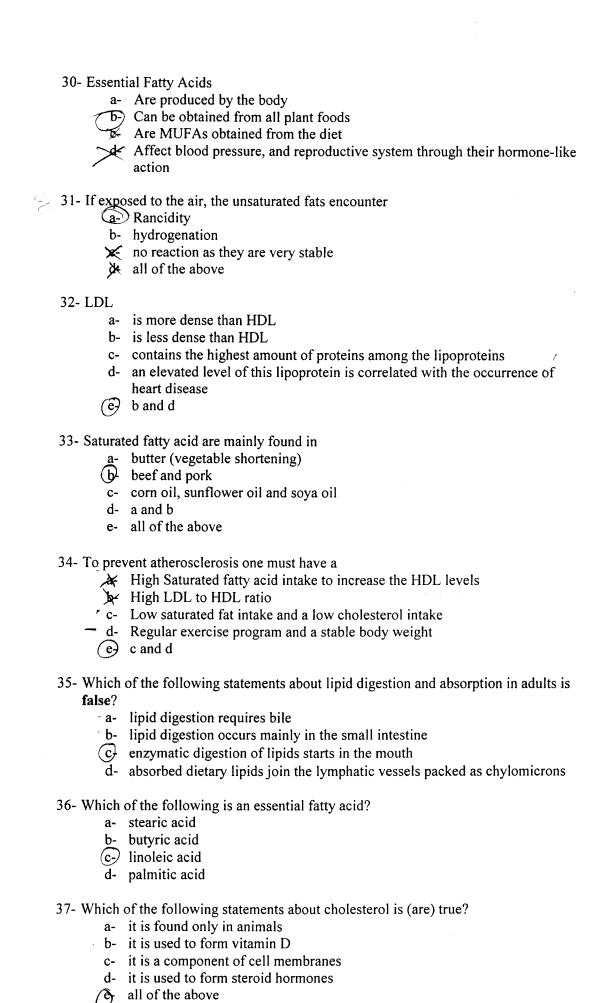


- 13- Liver glycogen is transformed into glucose by:
 - a- Gluconeogenesis
 - b- Many processes including lipolysis
 - Glycogenolysis d- glycogenesis

a- t b- t c-) h	fiber have no direct nutrient value because: they are not water-soluble they do not contain Kcalories numans lack the necessary enzymes to digest them none of the above
a S b- p c- r	f the following carbohydrate-containing foods provide the quickest energy? Slice of bread potatoes milk Orange juice
а- р б с- с	pe of carbohydrates will require more digestion? polysaccharides cellulose disaccharides monosaccharides
cholester a- (b) E	Olive oil Eggs Raw peanuts
84- S 16- A c- F (d-) F	f the following statement (s) is (are) False? Saturated fatty acids have single bonds between carbon atoms. A triglyceride contains 1 glycerol molecule Peanuts, cheese and potato chips are examples of foods with hidden fat. Plant foods generally have more saturated fats than animal foods. Both a and b
% - E c- C (d-) E	nated fats Have had hydrogen added chemically. Become saturated fats. Contain trans-fatty acids. Both a and c All of the above
b- C c- F d- E	is An alcohol. Obtained in the diet as a part of triglycerides. Found in phospholipids Both a and b All of the above
a- F b- V c- N	rices of unsaturated fats include Fish Vegetable oils (corn, soybean, sunflower) Wilk and meat groups Both a and b

e- All of the above





38- Some fat should be included in the diet for which of the following reasons? (a-) to supply essential fatty acids by to supply immediate energy for body cell c- to provide cholesterol for body needs d- to contribute to adequate glycogen stores 39- When sucrose is digested it yields: a- Two maltose units (b-) Glucose and fructose c- Glucose and galactose d- Fructose and galactose 40- Which of the following statement (s) is (are) False? Vitamins can be found in both plant and animal food sources Processed foods always have nutrients added that have been lost during the manufacturing process One of the benefits of complex carbohydrates is their high fiber content. d- High calorie foods are always nutrient dense. 41- The minimal amount of daily calories should come from a- Breads, cereals, rice and pasta products b- Fruits and vegetables c- Milk, yogurt and cheese d- Poultry, beans or eggs Sweets, butter, red meat and white sugar. 42- Having variety in your diet means: a- controlling portion size. b- making sure you choose foods from each of the food groups. choosing foods rich in phytochemicals. d- choosing different types of foods within each food group. e b and d 43- The RDAs (Recommended Dietary Allowances) recommend nutrient amounts for essential nutrients: a- for practically all healthy people. b- For decreasing risk of certain chronic diseases. ∠c- Based on gender and age. (d^2) all of the above 44- Macronutrients include a- proteins b- lipids c- vitamin a and b all of the above 45- Which of the following statements is False? a- Carbohydrates are the most important energy foods for exercise. b- Monosaccharides and disaccharides are simple carbohydrates.

Starches are complex carbohydrates.

Hyperglycemia means low blood sugar.

e- Glycogen is the body's store of glucose.

46- Which of the following statement (s) is (are) False?
a- Excess carbohydrates can be converted to fat.
(b) Sugar alcohols yield fewer calories than simple sugars
c- Artificial sweeteners are considered food additives.
d- None of the above.
47- Complex carbohydrates include
a- Polysaccharides
b- Glucose polymers
c- Starches
d- Glycogen
(e-) All of the above
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- 48- All of the following foods contain carbohydrates except
 - a- Milk
 - b- Macaroni
 - c- Lentils
 - (d₂) Margarine
 - e- All of the above
- 49- Polysaccharides that make up a plant cell wall (membrane) are known as
 - a- Dextrose
 - b) Fiber
 - c< Maltose
 - d- All of the above
- 50- Carbohydrates are absorbed in the
 - a- Stomach.
 - b- Mouth.
 - © Small intestine.
 - d- Large intestine.
- 51- Examples of digestive enzymes include
 - a- Amylase
 - b- Lactose
 - c- Maltase
 - (d) Both a and c
 - e- All of the above
- 52- The best food sources of fiber are
 - a- Fruits and vegetables.
 - b- Bran cereals.
 - c- Meat products.
 - d Both a and b
 - e- All of the above