



Year 2020/2021	Subject: Applied Nutrition
2 nd Term final Exam	Second Year
Date : 24/6/2021	Total Marks: 25
Time Allowed: 2 Hours	Dr. Heba Abd El Reheem Abd El Reheem

“ALL Questions should be answered”.

Part I

Read the following statement carefully, then circle (T) if statement is true and (F) if the statement is false. (5 Marks)

1.	All B vitamins work as coenzymes to facilitate thousands of chemical conversions.	(T) (F)
2.	Scurvy is considered a rare signs of vitamin A deficiency that characterized by hemorrhaging, muscle degeneration, skin changes	(T) (F)
3.	Vitamins are present in small quantities in food.	(T) (F)
4.	An inadequate intake of water can lead to hyponatremia	(T) (F)
5	Low-density lipoproteins (LDLs) transport cholesterol to body cells and it is often known as the “good cholesterol.”.	(T) (F)
6.	Tetany is caused by deficiency of vitamin D and low serum calcium	(T) (F)
7.	Lipids that are solid at room temperature are called oil, whereas those that are liquid at room temperature are called fats.	(T) (F)
8.	Sucrose is an example of a disaccharide because it is formed from galactose and glucose	(T) (F)
9.	Minerals are lost only when foods are soaked in water	(T) (F)
10.	Calcium stimulates muscle relaxation	(T) (F)

Part II

Read the following statement carefully, and then choose the correct answer. (10 Marks)

1. Which of the following vitamins are water soluble?

- a. A and C
b. A, D, E, and K
c. B complex and C
d. B complex , D, E, and K

2. The vitamin that is essential to the synthesis of several blood clotting factors is:

- a. Vitamin A
b. Vitamin B6
c. Vitamin C
d. Vitamin K



3. Which of the following groups of foods are most related to an elevated cholesterol level?

- a. Vegetable oils such as corn, cottonseed, and soybean
- b. Fruits and vegetables
- c. Starches such as bread, potatoes, rice, and pasta
- d. Animal fats such as butter, meats, and egg yolks.

4. Deficiency of vitamin D causes:

- a. Rickets
- b. Pellagra
- c. Night blindness
- d. Beriberi

5. Which of the following recommendations would be most effective at increasing potassium intake?

- a. Choose enriched grains in place of whole grains.
- b. Eat more fruits and vegetables.
- c. Eat more seafood and poultry in place of red meat.
- d. Because there are few good dietary sources of potassium, it is best obtained by taking potassium supplements.

6. The disease associated with inadequate vitamin B1 (thiamine) intake is :

- a. Rickets
- b. Pellagra
- c. Beriberi
- d. Night blindness

7- Which vitamin is given in large doses to facilitate wound and bone healing?

- a. Vitamin A
- b. Vitamin D
- c. Vitamin C
- d. Niacin

8. Which of the following foods is the source of hem iron?

- a. Eggs
- b. Baked beans
- c. meat ,fish and poultry
- d. Spinach

9- Cretinism and goiter are caused by deficiency of _____.

- a. Copper
- b. Selenium
- c. Iodine
- d. Zinc



10. You are taking care of an elderly patient with osteoporosis. Which dietary supplements would be most appropriate as a treatment regimen?

- a. Iron and calcium
b. Calcium and vitamin D
c. Vitamin K and B-complex vitamins
d. Fluoride and iron

Part III

Complete the following questions (10 Marks)

1. Types of polysaccharide are : (1.5 marks)

- A. B. C.

2. Fatty acids are classified as (1.5 marks)

- A. B. C.

3. Dietary proteins can be classified as (1.5 marks)

- A. B. C.

4. Folic acid is necessary for (1.5 marks)

- A. B. C.

5. Functions of the carbohydrate are (2 marks)

- A. B.
C. D.

6. Functions of lipids are (2 marks)

- A. B.
C. D.

*With Best Wishes
Dr. Heba Abd El Reheem*