



Exam Booklet

- This exam consists of 4 questions in 7 pages.
- All questions should be answered.
- The questions must be answered in the space provided in the exam booklet.

Examination committee	<i>Prof. Dr. Atef Abd EL-Baky</i>
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Question (I):

(50 Marks)

Select and answer the most appropriate answer or completion :

- 1- Hany is transferred to hospital in very ill state and when you catch your hand, it is very cold, it is due to large doses administration of
 - a- barbiturate.
 - b- aspirin.
 - c- Calcium.
 - d- All of the above.

- 2- Which of the following is preventing constipation?
 - a- Glucose.
 - b- Starch.
 - c- Cellulose
 - d- Proteins.

- 3- All the following are suggestions to avoid constipation during pregnancy, **Except:-**
 - a- Eat high-fiber diet.
 - b- Participate in daily exercise.
 - c- Drink little amount of water per day.
 - d- Respond promptly to urge to defecate.

- 4- Additional calories required during first trimester is:
 - a- 200 calories /day.
 - b- 300 calories /day.
 - c- 400 calories /day.
 - d- No additional calories required.

- 5- Fetus has complete CNS, beating heart, fully formed digestive tract, well-defined fingers & toes and beginning facial features at:
 - a- 8 weeks.
 - b- 10 weeks.
 - c- 12 weeks.
 - d- All of the above.

- 6- Normal infant weight ranged between :
 - a- 6 ½ - 9 pounds.
 - b- 6 ½ - 15 pounds.
 - c- 9 ½ - 13 pounds.
 - d- Over 15 pounds.

- 7- Effects of malnutrition at a critical period is:
 - a- reversible.
 - b- irreversible.
 - c- both a and b.
 - d- no effect.

- 8- Which of the following microminerals is added for Covid-19 treating protocol?
 - a)- Zinic
 - b)- Chromium
 - c)- Potassium
 - d)- Selenium.



9- All the following activities are acceptable during pregnancy, *Except*,

- a- dancing
- b- Trampoline
- c- biking
- d- Yoga and swimming.

10- How can avoid nausea that occurs during first trimester?

- a- Eat small, frequent meals.
- b- Avoid food with offensive odors.
- c- Avoid liquids at mealtime.
- d- All of the above.

11- Weight gain in third trimesters during pregnancy is:

- a- more than 2 pounds / week.
- b- less than 1 pound / week.
- c- 1 pound / week.
- d- No weight gain during this period.

12- Nickel is mineral found in nuts, dried beans and peas, soybeans, grains, and chocolate, it is used for :-

- a- increasing iron absorption.
- b- treating osteoporosis.
- c- preventing anemia.
- d- All of the above

13- All the following are the benefits of exercise during pregnancy, *Except*:-

- a- Helps reduce backaches, constipation, bloating, and swelling.
- a- May prevent gestational diabetes and improves mood.
- b- Improves your posture, promotes muscle tone and strength.
- c- None of the above

14- Milk Production is affected by:-

- a- Frequency of sucking.
- b- Maternal hydration.
- c- Prolactin hormone.
- d- All of the above

15- All the following are benefits of breastfeeding for mother, *Except*,

- a- Suppresses post-partum bleeding
- b- Decreased breast cancer rate.
- c- Decreased risk of obesity later in life.
- d- May delay return of ovulation.

16- Which of the following vitamins acts as antioxidant.

- a- Vitamin C
- b- Vitamin A
- c- Vitamin E
- d- All of the above

17- Which of the following vitamin was produced from intestinal flora:

- a- Vitamin C
- b- Vitamin A
- c- Vitamin E
- d- Vitamin K



18- Milk is the richest source of

- a- Calcium
- b- Phosphorus
- c- vitamins A and B.
- d- All of the above.

19- Iron does not supply the baby needs, but it is

- a- more in human milk than in animal milk.
- b- more in animal milk than in human milk.
- c- Present in human milk not in animal milk.
- d- Present in animal milk not in human milk.

20- The increases of ketogenesis will occur in all the following conditions, *Except*-

- a- Starvation.
- b- Diabetes mellitus.
- c- Carbohydrate poor diet
- d- High protein diet.

21- A trace element having antioxidant function is:

- a) Chromium
- b) Selenium
- c) Tocopherol
- d) Molybdenum

22- In pre-pregnancy weight:

- a- Underweight before pregnancy presents medical risks.
- b- Overweight before pregnancy presents medical risks.
- c- Pregnancy not affected.
- d- Both a and b.
- e- Both a and c.

23- All the following statements about fluoride are true, *except*:

- a) It is essential for human beings.
- b) It increase the hardness of bone.
- c) Prevents dental caries.
- d) Its excess can cause dental fluorosis.

24- Which of the following is not uncoupler?

- a)- Bilirubin
- b)- Sodium azide
- c)- Calcium
- d)- Progesterone hormone.

25- The metal that present in vitamin B₁₂ is

- a) Iron.
- b) Magnesium.
- c) Cobalt.
- d) Copper.



1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25		

Question (II):

(11 Marks)

Put (T) for true statements and (F) for false statements.

- 1- Only underweight before pregnancy presents medical risks.
- 2- Drink additional fully cream milk during Pregnancy.
- 3- Casein is a phosphoprotein of high biological value.
- 4- Vitamin D-deficiency lead to osteoporosis in adults.
- 5- All vitamin are insoluble in water and not stored.
- 6- Neonatal jaundice is due to low level of UDP-glucuronyl transferase enzyme.
- 7- Lactose is milk carbohydrate and it is more in human than in animal milk.
- 8- Skimmed milk is milk almost contains fat.
- 9- Pasteurization of milk is sterilization of milk by heating it to 60°C for 10 minutes.
- 10- Colostrum is the yellowish fluid secreted by the mammary gland during the first week of pregnancy.
- 11- Copper is essential for bone formation.

1	2	3	4	5	6	7	8	9	10	11



Question (III):

(9 Marks)

Match the number and the lettered items as they best fit together :-

(i)-

(4 Marks)

- | | |
|--------------------|---|
| 1- Mature milk | a- it has antibacterial action. |
| 2- Witch's milk | b- Vitamin A. |
| 3- Lactoferrin | c- storage in liver and muscle. |
| 4- Night blindness | d- secreted by the mammary gland of the infant during the first days of life. |
| | e- secreted during the first year of lactation. |

1	2	3	4

(ii)-

(5 Marks)

- | | |
|----------------------------|-----------------------------------|
| 1- Macrocytic anemia | a)- α - tocopherol |
| 2- Rickets | b)- Retinal. |
| 3- Prolonged clotting time | c)- Niacin. |
| 4- Night blindness | d)- 1,2 dihydroxycholecalceferol. |
| 5- Antioxidant | e)- Folic Acid. |
| | f)- Vitamin K ₂ |

1	2	3	4	5



Question (IV):

(20 Marks)

Read the following carefully and answer the questions:

1- Why cortisone is contraindicated in diabetic patients?

2- What are the chronic complications of diabetes?

3- Write short note on ketosis.



4- What are the neurologic disorders results from abnormalities in protein structure?

5- What is a meaning of proteins with high biological value?

With my best wishes ;;;;;;