

Student Name

Final Grade:

ID number

First Question:

Place T in front the correct sentence and F in front the wrong one and Correct it.

- [] 1.All monosaccharides have the same sweetness.
- [] 2.Galagtose , is a monosaccharide ; sometimes known as a blood sugar.
- [] 3.Fructose has exactly the same the chemichal formula as glucose but it has different structure.
- [] 4. Nonessential amino acids need to be supplied in your diet.
- [] 5.HDL is a protein that function as an immune defense.
- [] 6.Stomach acids activates the salivary enzymes which catalyses starch digestion in the stomach.
- [] 7. Proteins help maintain stable pH levels in body fluids by behaving as buffers.

Second Question:

Fill in the blanks

- 1)----- is a chemical reaction that breaks disaccharides by----- molecule of water to yield two molecules of monosaccharide.
- 2)-----is a monosaccharide that is known as fruit sugar.
- 3) When----- comes in contact with HC, it is converted to the active enzyme-----
- 4)-----found in the husks of the grains and seeds, bind to minerals and prevent their absorption.
- 5)-----fibers easily digested by bacteria forming -----layer.
- 6)----- A protein that lacks one or more essential amino acids in the proportions needed by the body.
- 7)----- the change in the protein's shape and consequent loss of its function brought by heat, agitation,acid,base,alcohol, heavy metals or other agents.

Third Question:

MCQs: Choose the right answer:

1.Carbohydrates are found virtually in all food except:

- a.milk
- b.meat.
- c.bread.
- d.fruits.

2.The storage form of glucose in the body is:

- a.insulin
- b.maltose.
- c.glucagon.
- d.glycogen.

3.The Ultimate goal for carbohydrates digestion and absorption is to yield:

- a.fibers.
- b.glucose.
- c.enzymes.
- d.amylase.

4.What does the pancreas secretes when the bloode glucose rises? When blood glucose falls?

- a.Insulin;glucagon.
- b.glucagon;insulin.
- c.insulin;glycogen.
- d.glycogen; epinephrine.

5.Which of the following foods provide the highest quality protein?

- a. Egg
- b. Corn
- c. Gelatin
- d. Whole grains**

6.Proteins that facilitate chemical reactions are:

- a. buffers.
- b.enzymes.
- c.hormones.
- d.antigens.

7. A chemical structure that differentiates one amino acid from another:

- a. Side group.
- b. Amine group.
- c. Acid group
- d. All of the above.

8. In the stomach, hydrochloric acid:

- a. Denatures protein and activates pepsin.
- b. Hydrolyzes proteins and denature pepsin.
- c. Condenses protein and facilitate digestion.
- d. Non of the above.

9. Energy available in 1/2 cup of rice that 15 grams of carbohydrates:

- a. 4 kcals.
- b. 40 kcals.
- c. 60 kcals.
- d. 15 kcals.

10. Deficiency of energy or nutrients is known as:

- a. Undernutrition.
- b. Overnutrition.
- c. Anabolism.
- d. Catabolism.

11. Macronutrients are:

- a. Carbohydrates and proteins.
- b. Carbohydrates, proteins and fat.
- c. Carbohydrates, proteins, fats, vitamins and minerals.
- d. Vitamins and Minerals.

12. Nitrogen intake less than the sum of all nitrogen excretion is known as:

- a. Positive nitrogen balance.
- b. Negative nitrogen balance.
- c. Nitrogen equilibrium.
- d. None of the above.

13.A water insoluble fibrous protein that is primary constitute of hair and nails:

- a. Insoluble Fibers.
- b. Soluble fibers.
- c. Collagen.
- d. Keratin.

14.Proteins that are responsible for fighting infections and has important role in immunity :

- a. Enzymes
- b. Antigens
- c. Antibodies
- d. Hormones.

15.If a patient complains of constipation , what is the best food option you recommend:

- a. Bran flakes.
- b. Yogurt.
- c. Milk.
- d. Croissant.

16. If a person suffers from hyperlipidemia, the best breakfast option is:

- a. Cheese sandwich
- b. Oat meal and fruits
- c. Low fat milk
- d. Omelet.

17. Choose the best meal option that provides a vegetarian person with the protein requirement:

- a. Pasta with tomato sauce.
- b. Rice and salad.
- c. Biscuit and orange juice.
- d. Beans and Rice.

18.Which of the following is essential amino acid:

- a. Glycine
- b. leucine
- c. Serine
- d. Tyrosin

Fourth Question:

A) What is Dietetics?

B)What is conditionally essential amino acid? Give an example.

C) Make a comparison between *Kwashiorkor and Marasmus?*