

امتحانات الفرقة الأولى تغذية لعام 2016.2017



تغذية

Faculty of Nursing

Basic Nutrition

5.1.2017

1st Question ; Write short notes on: (10 marks)

1. Phytochemicals.
2. Trans fats.
3. Rickets.

2nd Question: Enumerates : (10 marks)

- 1-Functions of carbohydrates.
- 2-Functions of vitamin A.
- 3-Functions of iron.

3rd Questions : Give an account on : (10 marks)

- 1-Prebiotics and probiotics.
- 2-Food pyramids.
- 3-Vitamin C deficiency.

4th Question MCQs

(10 marks)

choose the correct answer for seven

1. The best source of mono-unsaturated fatty acids are :

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- a) Fish oil
- b) Vegetable oil
- c) Olive oil
- d) Meat

2. Cholesterol is found in :

- a. egg yolk.
- b. brain.
- c. liver.
- d. all of the above

3- Dietary fibre has all the following functions Except :

- a) reduce constipation
- b) increases bowel motility
- c) decreases absorption of dietary fat and cholesterol
- d) generates sensation of fullness
- e) increase absorption of dietary fat and cholesterol

4- All of the followings are high quality protein Except ?

- a) meat
- b) liver
- c) eggs
- d) vegetable proteins

5. Vitamin K is essential for formation of :

- a) clotting factors
- b) haemoglobin
- c) protein
- d) mucopolysaccharides

6 - BMI = -----

7- Macronutrients include -----, -----

And -----

8 - Pernicious anemia is due to deficiency of -----, while
night blindness is due to deficiency of

9- Essential fatty acids are -----

GOOD LUCK

