

MCQ1: Nutrition is defined as

Answer: All the options

MCQ2: Our ancestors' diet are different from our own in the following ways except

Answer: None of the options

MCQ3: Over the past 100 years, the dietary behaviour of Homo sapiens have changed tremendously due to agricultural and industrial revolutions

Answer: True

MCQ4: The high increase of domestic animals and refined grains may lead to higher increase of omega 6 than omega-3 fatty acids which may lead to increase in cardiovascular diseases and cancer.

Answer: True

MCQ5: The long term effects of agricultural and industrial revolution can results in-----

Answer: All the options

MCQ6: Who prepared the first food composition tables?

Answer: Atwater, W.D

MCQ7: -----known as father of nutrition demonstrated that the food that was eaten was like a fuel in the body and that the more a man worked,

Answer: Lavoisier, AL

MCQ8: -----was the first to conduct controlled clinical trials on the reason for fresh fruits and vegetables would cure scurvy.

Answer: liquid

MCQ9: Nutrition research is useful in the following ways except

Answer: None of the options

MCQ10: Examples of simple carbohydrates are

Answer: monosaccharides and disaccharides

MCQ11: The Disaccharides are three molecules of sugar, such as sucrose, maltose and lactose

Answer: False

MCQ12: These are all functions of glucose except

Answer: It helps in the formation of genetic materials

MCQ13: Digestion of carbohydrates -----

Answer: begins in the mouth and ends in the small intestine

MCQ14: Animal protein sources are usually referred to as -----protein because it contains all the essential amino acids

Answer: Intermediate

MCQ15: ^ Essential amino acids (Isoleucine, Leucine, Lysine, methionine, phenylalanine, threonine, tryptophan, and valine
Answer: True

MCQ16: ^ Daily dietary requirement of protein for an adult is-----
Answer: Two gram per kilogram of body weight

MCQ17: ^ The patterns of PEM are
Answer: All of the options

MCQ18: Complementary proteins are the combinations of three important plant protein sources.
Answer: False

MCQ19: Complementary proteins are the combinations of ----- important plant protein sources.
Answer: Two

MCQ20: ^ The following are examples of complementary proteins, except^
Answer: None of the options

MCQ21: ^ Animal fats contain more of -----fatty acids.
Answer: Poly-unsaturated

MCQ22: Functions of Fats include the following, except
Answer: None of the options

MCQ23: The digestion of fats begin in the -----
Answer: small intestine

MCQ24: Micro minerals or trace minerals are those that the body needs in large quantities more than 5 grams^
Answer: False

MCQ25: ^ These macro minerals are iron, zinc, copper, manganese, iodine, selenium.
Answer: False

MCQ26: Minerals build the following body parts except^
Answer: Mucus

MCQ27: ^ Sources of calcium are :Milk, snail, fish with bones, greens and legumes
Answer: True

MCQ28: Retinol is another name for-----^
Answer: Vitamin A

MCQ29: Deficiency of vitamin A gives^
Answer: Night blindness, leads to xerophthalmia

MCQ30: Vitamin C Deficiency leads to ----

Answer: Night blindness, leads to xerophthalmia

MCQ31: Nutrition is defined as

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MCQ42: These are all functions of glucose except

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MCQ46: ^ Daily dietary requirement of protein for an adult is-----

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MCQ48: Complementary proteins are the combinations of three important plant protein sources.

Answer: False

MCQ49: Complementary proteins are the combinations of ----- important plant protein sources.

Answer: Two

MCQ50: ^ The following are examples of complementary proteins, except^

Answer: None of the options

FBQ1: Deficiency of riboflavin (Vitamin B2) leads to -----

Answer: angular stomatitis

FBQ2: Nutrition is defined as the study of ----- composition and its effects on the body.
^

Answer: Food

FBQ3: The main difference between our nutritional behaviours and that of our ancestor^™s is their consumption of ----- was very high due to eating different fruits and vegetables^

Answer: Fiber

FBQ4: Over the past 100 years, the dietary behaviour of Homo sapiens have changed tremendously due to agricultural and ----- revolutions

Answer: Industrial

FBQ5: Higher increase of omega 6 than omega-3 fatty acids in the body may lead to increase in cardiovascular diseases and^!^!^!^!..

Answer: Cancer

FBQ6: _----- prepared the first food composition tables is a graphic image, or object that represents a file, programme, web page or command^

Answer: Atwater

FBQ7: ----- is known as the father of medicine
Answer: Hippocrates

FBQ8: ----- identified certain food substances that when absent could lead to certain diseases such as rickets and scurvy.
Answer: Hopkins

FBQ9: ----- known as father of nutrition demonstrated that the food that was eaten was like a fuel in the body.
Answer: Lavoisier

FBQ10: Who was the first to conduct controlled clinical trials on the reason for fresh fruits and vegetables would cure scurvy?
Answer: Liquid

FBQ11: The basic food which is the main regular constituent of a meal of a group of people, a tribe, a region or a community is known as ----food
Answer: Staple

FBQ12: Simple and -----carbohydrates are the two types of carbohydrates
Answer: Complex

FBQ13: The Disaccharides are two molecules of sugar, such as ----, maltose and lactose
Answer: Sucrose

FBQ14: In the mouth, the food is chewed and broken down into small pieces and mixed with ----- which contains salivary amylase ptyalin
Answer: Saliva

FBQ15: Energy requirement is ----- during pregnancy, lactation and infancy
Answer: Increased

FBQ16: Energy requirement is ----- during pregnancy, lactation and infancy
Answer: Increased

FBQ17: ----- is the most indispensable nutrient that supply essential and non-essential amino acid
Answer: Protein

FBQ18: ----- protein sources are usually referred to as complete protein because it contains all the essential amino acids
Answer: Animal

FBQ19: The ----- essential amino acids are for adults.
Answer: Eight

FBQ20: For infants, the 9th essential amino acid is -----

Answer: Histidine

FBQ21: Daily dietary allowance of protein is----- per kilogram of body weight Â

Answer: One gram

FBQ22: Deficiency disease of protein is called protein energy -----

Answer: Malnutrition

FBQ23: Rice and beans are examples of ----- protein

Answer: Complementary

FBQ24: Fat soluble vitamins are vitamins A, ---, E, and K

Answer: D

FBQ25: ----- serves as emulsifying agents for fat

Answer: Bile salts

FBQ26: Minerals can be classified into --- and micro mineralsÂ

Answer: Macro Â

FBQ27: Sea foods, -----, onions, fruits are the sources of selenium

Answer: Meat Â

FBQ28: Vitamin ----- is also known as Retinol Â

Answer: A

FBQ29:

Answer: Â

FBQ30: Calciferol is also known as Vitamin -----

Answer: D

FBQ31: Vitamin ----- deficiency results in night blindness, poor tooth formation and severe deficiency leads to xerophthalmiaÂ

Answer: A

FBQ32: Vitamin ----- is an antioxidantÂ

Answer: E

FBQ33: Vitamin ----- Influences absorption and metabolism of phosphorus and calcium.

Answer: d

FBQ34: Water is defined as tasteless, colourless, odourless and clear fluid that is made up of ----- and oxygen

Answer: Hydrogen

FBQ35: Daily requirement of water is at least----- litresÂ

Answer: 2

FBQ36: Adequate intake of dietary ----- can protect against Cancer, CVD, DM, Obesity
Answer: Fibre

FBQ37: Dietary ----- can be defined as components of the plant cell wall that resist digestion by secretions of the human eliminatory tract
Answer: Fiber

FBQ38: human body stores glucose as -----
Answer: Glycogen

FBQ39: Plants store glucose as-----Â
Answer: Starch

FBQ40: Dietary----- is the nutrient that increases fecal weight
Answer: Fibre

FBQ41: Foods are classified into----- different ways
Answer: 5

FBQ42: The 7 Food Groups: This 7 food groups plan was introduced during the war time. True or false?
Answer: True

FBQ43: Basic Four Groups are Milk and milk products (milk, ice cream, cheese). True or false?
Answer: True

FBQ44: In the middle of food pyramid fruits and vegetables are encouraged to be consumed at least ----to four servings every day.
Answer: 2

FBQ45: Examples of ---- giving food group are yam, bread, cassava, beans
Answer: Energy

FBQ46: ----- are body building food
Answer: Proteins

FBQ47: Vitamins and ----- are protective
Answer: Minerals

FBQ48: Vitamins and ----- are protective
Answer: Minerals

FBQ49: Food -----is an attempt to add colour or flavour to make the dish appealing and tasty.Â
Answer: Garnishing

FBQ50: -----is the addition of other foods or liquid to the infants foods while

the mother is still breastfeeding
Answer: Complementary feeding