

Question 1:

'Which foods tend to be consumed in lower quantities in Wales and Scotland (as of 2020)?

', A. 'Meat', B. 'Confectionary', C. 'Fruits and vegetables', D. 'Potatoes'

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Answer Option 1:

Final Answer: C

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Answer Option 2:

Final Answer: C

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Answer Option 3:

Final Answer: C

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Answer Option 4:

Final Answer: C

=====

Answer Option 5:

Final Answer: C

=====

Answer Option 6:

Final Answer: C

=====

Answer Option 7:

Final Answer: C

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Answer Option 8:

Final Answer: C

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Answer Option 9:

Final Answer: C

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Question 2:

'In which one of the following circumstances will the prevalence of a disease in the population increase, all else being constant?

', A. 'If the incidence rate of the disease falls.', B. 'If survival time with the disease increases.', C. 'If recovery of the disease is faster.', D. 'If the population in which the disease is measured increases.'

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Answer Option 1:

Final Answer: B

=====

Answer Option 2:

Final Answer: B

=====

Answer Option 3:

Final Answer: B

=====

Answer Option 4:

Final Answer: B

=====

Answer Option 5:

Final Answer: B

=====

Answer Option 6:

Final Answer: B

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Answer Option 7:

Final Answer: B

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Answer Option 8:

Final Answer: B

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Answer Option 9:

Final Answer: B

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Question 3:

'Which of the following statements is correct?

', A. 'The flavonoid class comprises flavonoids and isoflavonoids.', B. 'The digestibility and bioavailability of isoflavones in soya food products are not changed by processing.', C. 'β-Carotene and lycopene can both act as provitamin A.', D. 'Carotenoids and flavonoids both belong to the polyphenol class.'

=====

Answer Option 1:

Final Answer: A

Answer Option 2:

Final Answer: A

Answer Option 3:

Final Answer: A

Answer Option 4:

Final Answer: A

Answer Option 5:

Final Answer: A

Answer Option 6:

Final Answer: A

Answer Option 7:

Final Answer: A

Answer Option 8:

Final Answer: A

Answer Option 9:

Final Answer: A

Question 4:

'What are the main causes of the obesity epidemic?

', A. 'Increased energy quantity/density and a more sedentary life-style', B. 'Decreased leisure time activity', C. 'Changes in genetic profiles', D. 'None of the options given is correct'

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Answer Option 1:

Final Answer: A

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Answer Option 2:

Final Answer: A

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Answer Option 3:

Final Answer: A

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Answer Option 4:

Final Answer: A

=====

Answer Option 5:

Final Answer: A

=====

Answer Option 6:

Final Answer: A

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Answer Option 7:

Final Answer: A

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Answer Option 8:

Final Answer: A

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Answer Option 9:

Final Answer: A

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Question 5:

'Which vitamin is a major lipid-soluble antioxidant in cell membranes?

', A. 'Vitamin A', B. 'Vitamin D', C. 'Vitamin E', D. 'Vitamin K'

=====

Answer Option 1:

Final Answer: C

Answer Option 2:

Final Answer: C

Answer Option 3:

Final Answer: C

Answer Option 4:

Final Answer: C

Answer Option 5:

Final Answer: C

Answer Option 6:

Final Answer: C

Answer Option 7:

Final Answer: C

Answer Option 8:

Final Answer: C

Answer Option 9:

Final Answer: C

Question 6:

'Which of the following contributes to vitamin B12 deficiency in older adults?

', A. 'Reduced secretion of intrinsic factor', B. 'Atrophic gastritis', C. 'Helicobacter pylori infection', D. 'All of the above'

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Answer Option 1:

Final Answer: D

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Answer Option 2:

Final Answer: D

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Answer Option 3:

Final Answer: D

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Answer Option 4:

Final Answer: D

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Answer Option 5:

Final Answer: D

=====

Answer Option 6:

Final Answer: D

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Answer Option 7:

Final Answer: D

=====

Answer Option 8:

Final Answer: D

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Answer Option 9:

Final Answer: D

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Question 7:

'Obesity increases the risk of endometrial cancer. Which hormone is thought to mediate this effect?

', A. 'Testosterone', B. 'Oestrogen', C. 'Insulin-like growth factor-1', D. 'Thyroxine'

=====

Answer Option 1:

Final Answer: B

Answer Option 2:

Final Answer: B

Answer Option 3:

Final Answer: B

Answer Option 4:

Final Answer: B

Answer Option 5:

Final Answer: B

Answer Option 6:

Final Answer: B

Answer Option 7:

Final Answer: B

Answer Option 8:

Final Answer: B

Answer Option 9:

Final Answer: B

Question 8:

'Which vitamin is required for calcium absorption from the small intestine?

', A. 'Vitamin A', B. 'Vitamin D', C. 'Vitamin E', D. 'Vitamin K'

=====

Answer Option 1:

Final Answer: B

Answer Option 2:

Final Answer: B

Answer Option 3:

Final Answer: B

Answer Option 4:

Final Answer: B

Answer Option 5:

Final Answer: B

Answer Option 6:

Final Answer: B

Answer Option 7:

Final Answer: B

Answer Option 8:

Final Answer: B

Answer Option 9:

Final Answer: B

Question 9:

'Which of the following statements about the metabolic demand for amino acids is correct?

', A. 'The metabolic demand is supplied only from the diet,', B. 'The metabolic demand is to maintain protein turnover.', C. 'The metabolic demand involves consumption of amino-acids by a number of irreversible pathways and these are either obligatory or adaptive.', D. 'The metabolic demand is a fixed amount'

=====

Answer Option 1:

Final Answer: C

Answer Option 2:

Final Answer: C

Answer Option 3:

Final Answer: C

Answer Option 4:

Final Answer: C

Answer Option 5:

Final Answer: C

Answer Option 6:

Final Answer: C

Answer Option 7:

Final Answer: C

Answer Option 8:

Final Answer: C

Answer Option 9:

Final Answer: C

Question 10:

'Which of the following statements about human amino acid requirements in human nutrition is correct?

',' A. 'The amino acid requirements determined for adults is assumed to be the requirement pattern for all ages.', B. 'The amino acid requirements determined for adults is assumed to be the requirements for maintenance for all ages.', C. 'The amino acid pattern of breast milk is assumed to be the requirement pattern for all children.', D. 'The amino acid pattern of human tissue protein is assumed to be the requirement patterns for infants and young children.'

=====

Answer Option 1:

Final Answer: D

Answer Option 2:

Final Answer: D

Answer Option 3:

Final Answer: D

Answer Option 4:

Final Answer: D

Answer Option 5:

Final Answer: D

Answer Option 6:

Final Answer: D

Answer Option 7:

Final Answer: D

Answer Option 8:

Final Answer: D

Answer Option 9:

Final Answer: D

Question 11:

'A food additive is considered to be safe when:

', A. 'No evidence of human toxicity has been observed over the period of its use', B. 'Estimated Daily Intake (EDI) from its presence in food is less than its ADI', C. 'Its toxic effects are observed only at doses 100x the EDI', D. 'Its benefits outweigh its risks'

=====

Answer Option 1:

Final Answer: B

=====

Answer Option 2:

Final Answer: B

=====

Answer Option 3:

Final Answer: B

=====

Answer Option 4:

Final Answer: B

=====

Answer Option 5:

Final Answer: B

=====

Answer Option 6:

Final Answer: B

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Answer Option 7:

Final Answer: B

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Answer Option 8:

Final Answer: B

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Answer Option 9:

Final Answer: B

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Question 12:

'Which of the following statements is true:

', A. 'Childhood stunting before 24 months of age affects short term cognitive performance', B. 'Childhood stunting before 24 months of age affects long term cognitive performance', C. 'Neither of the statements are correct', D. 'Both of the statements are correct'

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Answer Option 1:

Final Answer: B

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Answer Option 2:

Final Answer: B

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Answer Option 3:

Final Answer: B

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Answer Option 4:

Final Answer: B

=====

Answer Option 5:

Final Answer: B

=====

Answer Option 6:

Final Answer: B

=====

Answer Option 7:

Final Answer: B

=====

Answer Option 8:

Final Answer: B

=====

Answer Option 9:

Final Answer: B

=====

Question 13:

'What role do women play in food security?

', A. 'Their main role is preparing meals.', B. 'They play a central role as producers of food, managers of natural resources, income earners and caretakers of household nutrition.', C. 'They weed the fields, but never plough or plant them, as only men are strong enough for those activities.', D. 'Their efforts focus mainly on vegetable gardens and chickens; men are involved with cereal crops and larger livestock.'

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Answer Option 1:

Final Answer: B

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Answer Option 2:

Final Answer: B

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Answer Option 3:

Final Answer: B

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Answer Option 4:

Final Answer: B

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Answer Option 5:

Final Answer: B

=====

Answer Option 6:

Final Answer: B

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Answer Option 7:

Final Answer: B

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Answer Option 8:

Final Answer: B

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Answer Option 9:

Final Answer: B

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Question 14:

The following amino acids are all essential components of the diet:

;', A. 'leucine, methionine and threonine', B. 'proline, tyrosine and serine', C. 'valine, glycine and arginine', D. 'leucine, cysteine and glycine'

=====

Answer Option 1:

Final Answer: A

Answer Option 2:

Final Answer: A

Answer Option 3:

Final Answer: A

Answer Option 4:

Final Answer: A

Answer Option 5:

Final Answer: A

Answer Option 6:

Final Answer: A

Answer Option 7:

Final Answer: A

Answer Option 8:

Final Answer: A

Answer Option 9:

Final Answer: A

Question 15:

'Which single statement about fat digestion and absorption is correct?

', A. 'Absorption of fatty acids in the intestine occurs mainly through FABP and FAT/CD36 transport proteins in the enterocytes of the distal duodenum', B. 'After absorption, medium chain triglycerides (MCT) enter the lymphatic system, whereas long chain triglycerides enter the portal blood system.', C. 'The products of partial digestion of triglycerides (triacylglycerols) can form mixed micelles with pancreatic cholesterol and phospholipids and this increases absorption', D. 'Triglycerides (triacylglycerols) must be emulsified and digested before the fatty acids can be transported'

=====

Answer Option 1:

Final Answer: D

Answer Option 2:

Final Answer: D

Answer Option 3:

Final Answer: D

Answer Option 4:

Final Answer: D

Answer Option 5:

Final Answer: D

Answer Option 6:

Final Answer: D

Answer Option 7:

Final Answer: A

Answer Option 8:

Final Answer: D

Answer Option 9:

Final Answer: D

Question 16:

'Which fatty acids found in plasma phospholipids are associated with reduced cardiovascular mortality?

', A. 'Palmitic acid (16:0)', B. 'Long chain (≥20 carbons) saturated and n-3 polyunsaturated fatty acids', C. 'α-linolenic acid (18:3)', D. 'Stearic acid (18:0)'

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Answer Option 1:

Final Answer: B

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Answer Option 2:

Final Answer: B

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Answer Option 3:

Final Answer: B

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Answer Option 4:

Final Answer: B

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Answer Option 5:

Final Answer: B

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Answer Option 6:

Final Answer: B

=====

Answer Option 7:

Final Answer: B

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Answer Option 8:

Final Answer: B

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Answer Option 9:

Final Answer: B

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Question 17:

'Crohn's disease:

', A. 'Always affects the colon', B. 'May lead to intestinal obstruction', C. 'Is best treated surgically', D. 'Requires a gluten free diet'

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Answer Option 1:

Final Answer: B

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Answer Option 2:

Final Answer: B

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Answer Option 3:

Final Answer: B

=====

Answer Option 4:

Final Answer: B

=====

Answer Option 5:

Final Answer: B

=====

Answer Option 6:

Final Answer: B

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Answer Option 7:

Final Answer: B

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Answer Option 8:

Final Answer: B

=====

Answer Option 9:

Final Answer: B

=====

Question 18:

'Which of the following is true about the diagnosis of "osteopenia" or "osteoporosis" in North America and Western Europe

', A. 'Women over age 80 with osteopenia have above average bone mineral density for their age', B. 'Fewer than 10% of women over age 50 have osteopenia', C. 'Fewer than 50% of women over age 80 have osteopenia or osteoporosis', D. 'Osteoporosis is defined as a bone density lower than 2.5 standard deviations below the average for age-matched controls.'

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Answer Option 1:

Final Answer: D

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Answer Option 2:

Final Answer: D

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Answer Option 3:

Final Answer: D

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Answer Option 4:

Final Answer: D

=====

Answer Option 5:

Final Answer: D

=====

Answer Option 6:

Final Answer: D

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Answer Option 7:

Final Answer: D

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Answer Option 8:

Final Answer: D

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Answer Option 9:

Final Answer: D

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Question 19:

'Which country has undergone the most rapid nutrition transition in the last two decades?

', A. 'China', B. 'Sweden', C. 'Britain', D. 'India'

=====

Answer Option 1:

Final Answer: A

Answer Option 2:

Final Answer: A

Answer Option 3:

Final Answer: A

Answer Option 4:

Final Answer: A

Answer Option 5:

Final Answer: A

Answer Option 6:

Final Answer: A

Answer Option 7:

Final Answer: A

Answer Option 8:

Final Answer: A

Answer Option 9:

Final Answer: A

Question 20:

'Acute binge drinking is associated with?

', A. 'Happy heart syndrome', B. 'Home heart syndrome', C. 'Beach heart syndrome', D. 'Holiday heart syndrome'

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Answer Option 1:

Final Answer: D

Answer Option 2:

Final Answer: D

Answer Option 3:

Final Answer: D

Answer Option 4:

Final Answer: D

Answer Option 5:

Final Answer: D

Answer Option 6:

Final Answer: D

Answer Option 7:

Final Answer: D

Answer Option 8:

Final Answer: D

Answer Option 9:

Final Answer: D

Question 21:

'Why are some specific indices of iron status (such as serum ferritin or transferrin receptors) generally considered to be more reliable indices of iron status, than blood haemoglobin levels are?

', A. 'Because they respond more rapidly to changes in iron levels in the diet.', B. 'Because blood haemoglobin levels can also respond to a variety of other factors and insults, such as lead poisoning, chronic disease, etc.', C. 'Because the specific iron indices can be measured more accurately and easily.', D. 'Because haemoglobin levels vary with subject age, and between the sexes.'

=====

Answer Option 1:

Final Answer: B

Answer Option 2:

Final Answer: B

Answer Option 3:

Final Answer: B

Answer Option 4:

Final Answer: B

Answer Option 5:

Final Answer: B

Answer Option 6:

Final Answer: B

Answer Option 7:

Final Answer: B

Answer Option 8:

Final Answer: B

Answer Option 9:

Final Answer: B

Question 22:

'What stable isotope is commonly given for the measurement of total body water?

', A. 'Deuterium', B. 'Carbon 13', C. 'Nitrogen 15', D. 'Oxygen 18'

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Answer Option 1:

Final Answer: A

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Answer Option 2:

Final Answer: A

=====

Answer Option 3:

Final Answer: A

=====

Answer Option 4:

Final Answer: A

=====

Answer Option 5:

Final Answer: A

=====

Answer Option 6:

Final Answer: A

=====

Answer Option 7:

Final Answer: A

=====

Answer Option 8:

Final Answer: A

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Answer Option 9:

Final Answer: A

=====

Question 23:

'What are focus areas of nutritional epidemiology?

', A. 'The role of nutritional factors in causing disease in a population.', B. 'How changes in food intake in the population can promote good health.', C. 'Both of the options given are correct.', D. 'None of the options given is correct.'

=====

Answer Option 1:

Final Answer: C

Answer Option 2:

Final Answer: C

Answer Option 3:

Final Answer: C

Answer Option 4:

Final Answer: C

Answer Option 5:

Final Answer: C

Answer Option 6:

Final Answer: C

Answer Option 7:

Final Answer: C

Answer Option 8:

Final Answer: C

Answer Option 9:

Final Answer: C

Question 24:

'Which of the following diet-derived compounds have epigenetic effects?

', A. 'Butyrate', B. 'Curcumin', C. 'Genistein', D. 'All of the options given are correct'

=====

Answer Option 1:

Final Answer: D

Answer Option 2:

Final Answer: D

Answer Option 3:

Final Answer: D

Answer Option 4:

Final Answer: D

Answer Option 5:

Final Answer: D

Answer Option 6:

Final Answer: D

Answer Option 7:

Final Answer: D

Answer Option 8:

Final Answer: D

Answer Option 9:

Final Answer: D

Question 25:

'Which of the following does not occur with increasing age?

', A. 'A reduction in lean body mass', B. 'A reduction in bone density', C. 'An increased appetite', D. 'Impaired immune function'

=====

Answer Option 1:

Final Answer: C

=====

Answer Option 2:

Final Answer: C

=====

Answer Option 3:

Final Answer: C

=====

Answer Option 4:

Final Answer: C

=====

Answer Option 5:

Final Answer: C

=====

Answer Option 6:

Final Answer: C

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Answer Option 7:

Final Answer: C

=====

Answer Option 8:

Final Answer: C

=====

Answer Option 9:

Final Answer: C

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Question 26:

'Which vitamin is required for synthesis of the blood clotting proteins?

', A. 'Vitamin A', B. 'Vitamin D', C. 'Vitamin E', D. 'Vitamin K'

=====

Answer Option 1:

Final Answer: D

Answer Option 2:

Final Answer: D

Answer Option 3:

Final Answer: D

Answer Option 4:

Final Answer: D

Answer Option 5:

Final Answer: D

Answer Option 6:

Final Answer: D

Answer Option 7:

Final Answer: D

Answer Option 8:

Final Answer: D

Answer Option 9:

Final Answer: D

Question 27:

'What the largest endogenous substrate source in the body?

', A. 'Liver glycogen', B. 'Muscle glycogen', C. 'Intramuscular lipid', D. 'Adipose tissue'

=====

Answer Option 1:

Final Answer: D

Answer Option 2:

Final Answer: D

Answer Option 3:

Final Answer: D

Answer Option 4:

Final Answer: D

Answer Option 5:

Final Answer: D

Answer Option 6:

Final Answer: D

Answer Option 7:

Final Answer: D

Answer Option 8:

Final Answer: D

Answer Option 9:

Final Answer: D

Question 28:

'Which of the following statements concerning transamination is correct?

;', A. 'Only non-essential (dispensable) amino acids undergo transamination.'; B. 'Transamination is an irreversible reaction in amino acid catabolism.'; C. 'Transaminases require a coenzyme derived from vitamin B12.'; D. 'Transaminases require a coenzyme derived from vitamin B6.'

=====

Answer Option 1:

Final Answer: D

Answer Option 2:

Final Answer: D

Answer Option 3:

Final Answer: D

Answer Option 4:

Final Answer: D

Answer Option 5:

Final Answer: D

Answer Option 6:

Final Answer: D

Answer Option 7:

Final Answer: D

Answer Option 8:

Final Answer: D

Answer Option 9:

Final Answer: D

Question 29:

'What is food security?

', A. 'It relates to efforts to prevent terrorists from poisoning food supplies.', B. 'It is about ensuring everyone's access to food.', C. 'Its component elements include availability, utilisation, and stability, as well as access.', D. 'Food security focuses primarily on ending micronutrient malnutrition.'

=====

Answer Option 1:

Final Answer: C

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Answer Option 2:

Final Answer: C

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Answer Option 3:

Final Answer: C

=====

Answer Option 4:

Final Answer: C

=====

Answer Option 5:

Final Answer: C

=====

Answer Option 6:

Final Answer: C

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Answer Option 7:

Final Answer: C

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Answer Option 8:

Final Answer: C

=====

Answer Option 9:

Final Answer: C

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Question 30:

'What is the likely reason that evidence to support the relationship between dietary cholesterol and plasma LDL cholesterol levels in humans is inconclusive?

', A. 'The complexity of the mechanisms regulating the absorption of cholesterol and its export in lipoproteins.', B. 'The complexity of the mechanism controlling the clearance of intestinally derived lipoproteins by the liver.', C. 'The multiple intrahepatic responses to increased cellular cholesterol.', D. 'All of the above.'

=====

Answer Option 1:

Final Answer: D

Answer Option 2:

Final Answer: D

Answer Option 3:

Final Answer: D

Answer Option 4:

Final Answer: D

Answer Option 5:

Final Answer: D

Answer Option 6:

Final Answer: D

Answer Option 7:

Final Answer: D

Answer Option 8:

Final Answer: D

Answer Option 9:

Final Answer: D

Question 31:

'Which of the following statements about amino acid scoring for predicting protein quality in human nutrition is correct?

', A. 'The amino acid score is calculated by comparing the amino acid pattern of the protein to that of egg protein.', B. 'The amino acid score is calculated by comparing the amino acid pattern of the protein to that of milk protein.', C. 'A single reference pattern is used to calculate the amino acid score for all ages', D. 'Different amino acid scoring patterns are used for different age groups.'

=====

Answer Option 1:

Final Answer: D

Answer Option 2:

Final Answer: D

Answer Option 3:

Final Answer: D

Answer Option 4:

Final Answer: D

Answer Option 5:

Final Answer: D

Answer Option 6:

Final Answer: D

Answer Option 7:

Final Answer: D

Answer Option 8:

Final Answer: D

Answer Option 9:

Final Answer: D

Question 32:

'A 20 year old student who has recently arrived in Britain from Sudan visits the university health centre to complain of abdominal cramps and diarrhoea after drinking milk. Which of the following is the most likely cause of his problem?

', A. 'Bacterial and yeast overgrowth in the small intestine', B. 'Lack of pancreatic amylase', C. 'Lack of small intestinal lactase', D. 'Lack of small intestinal sucrase-isomaltase'

=====

Answer Option 1:

Final Answer: C

=====

Answer Option 2:

Final Answer: C

=====

Answer Option 3:

Final Answer: C

=====

Answer Option 4:

Final Answer: C

=====

Answer Option 5:

Final Answer: C

=====

Answer Option 6:

Final Answer: C

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Answer Option 7:

Final Answer: C

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Answer Option 8:

Final Answer: C

=====

Answer Option 9:

Final Answer: C

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Question 33:

'Which of the following is the main nitrogenous compound in urine?

', A. 'Uric acid', B. 'Ammonia', C. 'Urea', D. 'Creatinine'

=====

Answer Option 1:

Final Answer: C

Answer Option 2:

Final Answer: C

Answer Option 3:

Final Answer: C

Answer Option 4:

Final Answer: C

Answer Option 5:

Final Answer: C

Answer Option 6:

Final Answer: C

Answer Option 7:

Final Answer: C

Answer Option 8:

Final Answer: C

Answer Option 9:

Final Answer: C

Question 34:

'It has been observed that a reduction in family size and improved sanitary condition have led to an increase in allergic conditions. The 'hygiene hypothesis' suggests that
' A. 'The frequent use of antiseptic wipes will reduce allergies', B. 'Living on a working farm will help reducing the development of atopic diseases', C. 'Particular care must be taken during breast feeding in
high risk infants', D. 'Living on a working farm will increase the development of atopic diseases'

=====

Answer Option 1:

Final Answer: B

=====

Answer Option 2:

Final Answer: B

=====

Answer Option 3:

Final Answer: B

=====

Answer Option 4:

Final Answer: B

=====

Answer Option 5:

Final Answer: B

=====

Answer Option 6:

Final Answer: B

=====

Answer Option 7:

Final Answer: B

=====

Answer Option 8:

Final Answer: B

=====

Answer Option 9:

Final Answer: B

=====

Question 35:

'Why might some biochemical (eg plasma or serum) indices of micronutrient status give misleading results in people with infections or inflammatory states?

', A. 'Because people who are sick often alter their diets, and may eat less food.', B. 'Because the accuracy of some laboratory assays may be compromised in samples from people who are sick.', C.

'Because some metabolic pathways are altered in sick people, which changes their micronutrient requirements.', D. 'Because an acute phase reaction results in changes in inter-tissue distributions of certain micronutrients.'

=====

Answer Option 1:

Final Answer: D

Answer Option 2:

Final Answer: D

Answer Option 3:

Final Answer: D

Answer Option 4:

Final Answer: D

Answer Option 5:

Final Answer: D

Answer Option 6:

Final Answer: D

Answer Option 7:

Final Answer: D

Answer Option 8:

Final Answer: D

Answer Option 9:

Final Answer: D

Question 36:

'What proportion of vegans is likely to be deficient in vitamin B12?

', A. '3%', B. '32%', C. '66%', D. '15%'

=====

Answer Option 1:

Final Answer: C

Answer Option 2:

Final Answer: C

Answer Option 3:

Final Answer: C

Answer Option 4:

Final Answer: C

Answer Option 5:

Final Answer: C

Answer Option 6:

Final Answer: C

Answer Option 7:

Final Answer: C

Answer Option 8:

Final Answer: C

Answer Option 9:

Final Answer: C

Question 37:

'Which of these factors increases the risk for cancer of the oesophagus?

', A. 'Processed meat', B. 'Fruit and vegetables', C. 'Salt', D. 'Alcohol'

=====

Answer Option 1:

Final Answer: D

Answer Option 2:

Final Answer: D

Answer Option 3:

Final Answer: D

Answer Option 4:

Final Answer: D

Answer Option 5:

Final Answer: D

Answer Option 6:

Final Answer: D

Answer Option 7:

Final Answer: D

Answer Option 8:

Final Answer: D

Answer Option 9:

Final Answer: D

Question 38:

'Which one of the following statements about protein nutrition is correct?

', A. 'There is a requirement for dietary protein, but it is unimportant which protein is consumed.', B. 'The requirement for dietary protein is for individual amino acids, not simply the total amount of protein in the diet.', C. 'All dietary proteins have the same amino acid content and composition.', D. 'For an adult in nitrogen equilibrium there is only a small requirement for an intake of protein since amino acids arising from tissue protein catabolism are available for new protein synthesis.'

=====

Answer Option 1:

Final Answer: B

Answer Option 2:

Final Answer: B

Answer Option 3:

Final Answer: B

Answer Option 4:

Final Answer: B

Answer Option 5:

Final Answer: B

Answer Option 6:

Final Answer: B

Answer Option 7:

Final Answer: B

Answer Option 8:

Final Answer: B

Answer Option 9:

Final Answer: B

Question 39:

'Higher dietary sodium (salt) intake is generally associated with:

', A. 'Decreased calcium excretion in the urine', B. 'Increased risk of fracture', C. 'Decreased dietary calcium absorption', D. 'Negative calcium balance and bone mineral loss'

=====

Answer Option 1:

Final Answer: D

=====

Answer Option 2:

Final Answer: D

=====

Answer Option 3:

Final Answer: D

=====

Answer Option 4:

Final Answer: D

=====

Answer Option 5:

Final Answer: D

=====

Answer Option 6:

Final Answer: D

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Answer Option 7:

Final Answer: D

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Answer Option 8:

Final Answer: D

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Answer Option 9:

Final Answer: D

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Question 40:

'Which of the following is a function of vitamin B6?

', A. 'Synthesis of TMP (thymidine monophosphate)', B. 'Decarboxylation of amino acids to form amine neurotransmitters', C. 'Synthesis of methionine from homocysteine', D. 'Carboxylation of pyruvate to oxaloacetate'

=====

Answer Option 1:

Final Answer: B

Answer Option 2:

Final Answer: B

Answer Option 3:

Final Answer: B

Answer Option 4:

Final Answer: B

Answer Option 5:

Final Answer: B

Answer Option 6:

Final Answer: B

Answer Option 7:

Final Answer: B

Answer Option 8:

Final Answer: B

Answer Option 9:

Final Answer: B

Question 41:

'Which of the following statements is/are true?

There is increasing concern about the importance of adequate nutrition in the pre-conception period to support a successful pregnancy. This is because:

', A. 'in the embryonic period the foetus is vulnerable to external factors in its environment', B. 'the embryonic period often occurs before a woman knows she is pregnant', C. 'interventions in late pregnancy may be too late to be effective', D. 'all of the options given are correct'

=====

Answer Option 1:

Final Answer: D

Answer Option 2:

Final Answer: D

Answer Option 3:

Final Answer: D

Answer Option 4:

Final Answer: D

Answer Option 5:

Final Answer: D

Answer Option 6:

Final Answer: D

Answer Option 7:

Final Answer: D

Answer Option 8:

Final Answer: D

Answer Option 9:

Final Answer: D

Question 42:

'Which of the following best explains the antioxidant action of vitamin E?

', A. 'It forms a stable radical that can be reduced back to active vitamin E by reaction with vitamin C', B. 'It is converted to a stable radical by reaction with vitamin C', C. 'It is lipid soluble and can react with free radicals in the bloodstream resulting from nitric oxide formation by vascular epithelium', D. 'It forms a stable radical that can be reduced back to active vitamin E by reaction with glutathione and glutathione peroxidase'

=====

Answer Option 1:

Final Answer: A

Answer Option 2:

Final Answer: A

Answer Option 3:

Final Answer: A

Answer Option 4:

Final Answer: A

Answer Option 5:

Final Answer: A

Answer Option 6:

Final Answer: A

Answer Option 7:

Final Answer: A

Answer Option 8:

Final Answer: A

Answer Option 9:

Final Answer: A

Question 43:

'Which of these factors increases the risk for cancer of the stomach?

', A. 'Obesity', B. 'Sugar', C. 'Salt and salt-preserved foods', D. 'Dietary fibre'

=====

Answer Option 1:

Final Answer: C

Answer Option 2:

Final Answer: C

Answer Option 3:

Final Answer: C

Answer Option 4:

Final Answer: C

Answer Option 5:

Final Answer: C

Answer Option 6:

Final Answer: C

Answer Option 7:

Final Answer: C

Answer Option 8:

Final Answer: C

Answer Option 9:

Final Answer: C

Question 44:

'What are the main enzyme systems for catalysing ethanol to acetaldehyde?

', A. 'Alcohol dehydrogenase (ADH)', B. 'Catalase', C. 'Alcohol dehydrogenase (ADH), cytochrome P450 2E1 (CYP2E1), catalase', D. 'cytochrome P450 2E1 (CYP2E1)'

=====

Answer Option 1:

Final Answer: C

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Answer Option 2:

Final Answer: C

=====

Answer Option 3:

Final Answer: C

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Answer Option 4:

Final Answer: C

=====

Answer Option 5:

Final Answer: C

=====

Answer Option 6:

Final Answer: C

=====

Answer Option 7:

Final Answer: C

=====

Answer Option 8:

Final Answer: C

=====

Answer Option 9:

Final Answer: C

=====

Question 45:

'In a healthy person maintaining energy balance in equilibrium (i.e. mathematical equality of energy intake and energy expenditure) is generally achieved on a:

', A. 'day-to-day basis', B. '2-3 day basis', C. '3-4 day basis', D. '1-2 week basis'

=====

Answer Option 1:

Final Answer: A

Answer Option 2:

Final Answer: A

Answer Option 3:

Final Answer: D

Answer Option 4:

Final Answer: A

Answer Option 5:

Final Answer: D

Answer Option 6:

Final Answer: D

Answer Option 7:

Final Answer: A

Answer Option 8:

Final Answer: D

Answer Option 9:

Final Answer: A

Question 46:

'Which of the following statements is incorrect regarding fatty acid β -oxidation?

', A. 'The major site of fatty acid β -oxidation is the peroxisomes, the mitochondria also contain enzymes for this pathway', B. 'Within the liver peroxisomes serve to oxidise very long chain fatty acids to medium chain products', C. 'The rate of β -oxidation is regulated by the availability of fatty acids and the rate of utilisation of β -oxidation products', D. 'Peroxisomes are the site for the degradation of xenobiotics and eicosanoids'

=====

Answer Option 1:

Final Answer: A

Answer Option 2:

Final Answer: A

Answer Option 3:

Final Answer: A

Answer Option 4:

Final Answer: A

Answer Option 5:

Final Answer: A

Answer Option 6:

Final Answer: A

Answer Option 7:

Final Answer: A

Answer Option 8:

Final Answer: A

Answer Option 9:

Final Answer: A

Question 47:

'Intestinal lactase deficiency leads to lactose maldigestion which subsequently can lead to lactose intolerance, i.e. causing clinical symptoms. Infants and children normally express sufficient lactase levels as not to experience clinical symptoms. Overall, adults can be classified as lactase-persisters or lactase non-persisters. What is the approximate percentage of Lactase non-persisters worldwide?

', A. '45%-50%', B. '70%-75 %', C. '10%-15%', D. '30%-35%'

=====

Answer Option 1:

Final Answer: B

Answer Option 2:

Final Answer: B

Answer Option 3:

Final Answer: B

Answer Option 4:

Final Answer: B

Answer Option 5:

Final Answer: B

Answer Option 6:

Final Answer: B

Answer Option 7:

Final Answer: B

Answer Option 8:

Final Answer: B

Answer Option 9:

Final Answer: B

Question 48:

'Which of the following vitamins provides the coenzyme for carboxylation reactions?

', A. 'Biotin', B. 'Niacin', C. 'Riboflavin', D. 'Thiamin'

=====

Answer Option 1:

Final Answer: A

Answer Option 2:

Final Answer: A

Answer Option 3:

Final Answer: A

Answer Option 4:

Final Answer: A

Answer Option 5:

Final Answer: A

Answer Option 6:

Final Answer: A

Answer Option 7:

Final Answer: A

Answer Option 8:

Final Answer: A

Answer Option 9:

Final Answer: A

Question 49:

'According to trials on diabetes prevention, high-risk individuals can reduce their risk to develop diabetes by doing the following:

', A. 'Eating a very low carbohydrate diet', B. 'Consuming a diet high in monounsaturated fats', C. 'Losing 5-7% of body weight through a hypocaloric low fat diet and 30 minutes of daily activity', D. 'Initiating metformin 850 mg BID and practicing daily vigorous exercise'

=====

Answer Option 1:

Final Answer: C

Answer Option 2:

Final Answer: C

Answer Option 3:

Final Answer: C

Answer Option 4:

Final Answer: C

Answer Option 5:

Final Answer: C

Answer Option 6:

Final Answer: C

Answer Option 7:

Final Answer: C

Answer Option 8:

Final Answer: C

Answer Option 9:

Final Answer: C

Question 50:

'IBS

', A. 'Is primarily a psychological problem', B. 'Is a contra-indication to colonoscopy', C. 'May be associated with constipation', D. 'always resolves with a gluten free diet.'

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Answer Option 1:

Final Answer: C

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Answer Option 2:

Final Answer: C

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Answer Option 3:

Final Answer: C

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Answer Option 4:

Final Answer: C

=====

Answer Option 5:

Final Answer: C

=====

Answer Option 6:

Final Answer: C

=====

Answer Option 7:

Final Answer: C

=====

Answer Option 8:

Final Answer: C

=====

Answer Option 9:

Final Answer: C

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