

Bio quiz 4 statements

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1. Linoleic acid and alpha-linolenic acid are essential fatty acids

Answer: True

2. Fat-soluble vitamins like A, D, E, and K can be stored in body fats.

Answer: True

3. The brain is the engine of the circulatory system . (False)

= The heart is the engine of the circulatory system .

4. Blood cells are produced in bone marrow from stem cells. (True)

5. 1. Condition of low levels of glucose in the blood is called Hyperglycemia.(False) Ans:
Condition of high levels of glucose in the blood is called Hyperglycemia.

6. There are mainly three types of diabetes. (true)

7. Vitamins are organic molecules required in large amounts

Answer: False

(They are required in small amounts .)

8. Most proteins in meat are considered complete because they contain all essential amino acids.

Answer: True

9. Insulin is a hormone secreted from the islet cells.

Answer: True.

10.Carnivores obtain all food from both plants and meat.

Ans:False(omnivores obtain all food from both plants and meat.)

11.The most advanced digestive tracts,found among nematodes .

Ans:False(The most advanced digestive tracts,found among vertebrates.)

12.The esophagus shuttles food from the pharynx to the stomach.

Ans:true

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1:The circulatory system helps regulate body temperature and increases blood flow during exercise.

Answer: True

2. The septum separates the left and right sides of the heart

Answer : True

3. Malnutrition includes both undernutrition and overnutrition.

Answer: True

4. The jejunum is the primary site for chemical digestion in the small intestine

Answer : True

5. The small intestine is the main site of nutrition absorption in the human body.

Answer : True

6. Diastole refers to the phase when the heart contracts to pump blood.

Answer: False. (Diastole is the resting phase; systole is contraction)

7. LDL transports cholesterol to the liver for removal.

Answer : False (HDL transports cholesterol to the liver;)

8. Myocardium is the skeletal muscle responsible for voluntary heart contractions.

Answer: False (Myocardium is cardiac muscle, which contracts involuntarily)

9. Plasma contains clotting proteins like fibrinogen. Answer : True

10. Pancreatic lipase breaks down fats into fatty acids and glycerol.

Answer : True

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1.For having Type 2 diabetes the second reason is failing production of insulin of beta cells .

Ans: true

2.Cholesterol helps the body form hormones

Ans: True

3.Each kidney contains about one million Nephrons.

Ans: (True)

4.BMI count of 30 and above is normal weight.

And: (False) BMI count of 30 and above is obese.

5.Diabetes mellitus is a metabolic disorder characterized by abnormally high levels of sugar (glucose) in the blood.

Ans:true

6.Macrosomia refers to a baby that is considerably normal.

Ans :False.Macrosomia refers to a baby that is considerably larger than normal.

7.hearts has 5 chambers

Ans , false ,heart has 4 chambers.

8.Strokes usually result from rupture or blockage of arteries in the heart

Ans - false .Strokes usually result from rupture or blockage of arteries in the head.

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1. The heart pumps blood to the capillaries around the alveoli.

True

2. Fresh air has a high concentration of carbon dioxide.

False - Fresh air has only 0.034% carbon dioxide.

3. A cheeseburger's calories can be lost with about 30 minutes of running.

True

4. Water lubricates joints and cushions organ like brain and spinal cords

True

5. Water-soluble vitamins need to be taken daily.

True

6. Parietal cells secrete hydrochloric acid (HCl).

True

7. Insulin is a hormone secreted from the pancreas' islet cells.

True

8. Respiration involves three phases.

False - Respiration involves two phases.

9. Glucagon lowers blood sugar levels when they get too high.

False – Insulin lowers blood sugar. Glucagon raises it when levels are too low.

10. Type 2 diabetes is more common than Type 1 and is often linked to lifestyle factors.

True

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1.The digestive system of herbivores is suited to breaking down plant materials.

Answer: True

2.Salivary amylase breaks down proteins into amino acids.

Answer: False.Salivary amylase breaks down starch into sugars

3.Capillaries are the smallest blood vessels where exchange of materials occurs between blood and tissues.

Answer: True

4.White blood cells play a major role in blood clotting.

Answer: False. Platelets, not white blood cells, play the major role in blood clotting

5.Type 1 diabetes most commonly occurs in children.

Answer: True

6.Calcium is important primarily for making up the structure of muscles and skin.

Answer: False. Calcium makes up different body structures, particularly bones and teeth, and helps in blood clotting.7.The diaphragm is a muscle that plays a key role in the process of inhalation and exhalation.

Answer: True

8.Arteries carry deoxygenated blood to the lungs and other parts of the body.

Answer: False. Arteries generally carry oxygen-rich blood away from the heart.

9.A pound of body fat has enough energy to bring approximately 52 liters (13 gallons) of water to a boil .

Answer: True

10.Carbohydrates provide about 9 Cal/g, while fat provides about 4 Cal/g.

Answer: False.Carbohydrates provide about 4 Cal/g, while fat provides about 9 Cal/g.

11. Water makes up around 60% of body mass

Answer: True

12.Bronchioles are larger than bronchi.

Answer: False. Bronchioles are tiny branches of the bronchi, so they are smaller.

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1. Albumin is the major protein in plasma and makes up about $\frac{2}{3}$ of the total plasma protein.

Answer: True.

2. The most common forms of diabetes are type 2 diabetes which is an autoimmune disorder..

Answer: False..The most common forms of diabetes are type 1 diabetes which is an autoimmune disorder.

3. Trans fatty acids are manufactured from vegetable oils.

Answer : True.

4. Plant proteins compared to animal proteins are complete proteins.

Answer : False. In general plant proteins compared to animal proteins are not complete proteins.

5. In the cells, oxygen is used in a separate energy-producing process called cellular respiration, which produces carbon dioxide as a by-product.

Answer: True.

6. Nephrons are the excretory organ unit system of our body.

Answer: False. Kidneys are the excretory organ of our body.

7. The chemical digestion takes place in only duodenum

Answer: False. Chemical digestion takes place in duodenum and jejunum.

8. Saliva contains salivary amylase enzymes.

Answer: True.

9. Diabetes mellitus can be caused by hereditary and environmental causes.

Answer: True.

10. The chemical name of Vitamin A is ascorbic acid.

Answer: False. The chemical name of Vitamin A is retinol

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Statements:

1) Nutrients are absorbed across the walls of both intestines.

Ans: True

2) The gallbladder makes enzymes.

Ans: False (Correct Ans: Pancreas makes enzymes.)

3) Valves prevent the blood from flowing backwards.

Ans: True

4) Arteries are tubes that return deoxygenated blood to the heart.

Ans: False (Correct Ans: Veins are tubes that return deoxygenated blood to the heart.)

5) Oxygen-rich blood moves through the capillary into the pulmonary vein and back to the heart.

Ans: True

6) Kidneys filter all our blood 500 times a day.

Ans: False (Correct Ans: Kidneys filter all our blood 300 times a day.)

7) Gestational diabetes is diabetes that happens for the first time when a woman is pregnant.

Ans: True

8) HDLs store energy for your body to use when it is needed.

Ans: False. (Correct Ans: Triglycerides store energy for your body to use when it is needed.)

9) A male college student needs about 2,200-2,500 Cal.

Ans: True

10) Calcium maintains fluid balance.

Ans: False (Correct Ans: Sodium maintains fluid balance.)