

FBQ1: _____ are chemical components of food that supply nourishment to the body.
Answer: *Nutrients*

FBQ2: _____ is a diet that contains all the essential nutrients taking in the right proportion at a sitting.
Answer: *Adequate diet*

FBQ3: Excessive intake of fatty foods can lead to _____.
Answer: *Overweight or Obesity*

FBQ4: _____ are the very small molecules that are also part of food composition that are needed in small quantities in the body.
Answer: *Micronutrients*

FBQ5: Micronutrients are very important for good health. True or False
Answer: *True*

FBQ6: _____ refers to the quality and quantity of essential nutrients that each food contains that will promote and rehabilitate good health
Answer: *Food value*

FBQ7: _____ is the utilization of the food nutrients in the body system in order to restore, maintain and promote quality and healthful life.
Answer: *Nutrition security*

FBQ8: The 'father of medicine' who first show that children consumed more food than adults is _____.
Answer: *Hippocrates*

FBQ9: _____ identified certain food substances that when absent could lead to certain diseases such as rickets and scurvy
Answer: *Hopkins, F.C.*

FBQ10: _____ was the first scientist to prepare the first food composition tables
Answer: *Atwater, W.D.*

FBQ11: _____ is an edible digestible absorbable and utilizable substance that maintains, restores and promotes growth and quality health.
Answer: *Food*

FBQ12: The values, beliefs, attitudes, and practices accepted by members of a group or community is referred to as _____.
Answer: *Culture*

FBQ13: The primary function of food is _____.
Answer: *To supply energy to the body*

FBQ14: One of the major causes of childhood malnutrition in some developing countries is _____.
Answer: *Cultural food taboos to infants and pregnant women*

FBQ15: _____ is defined as the ways in which human beings use food that includes selection, touch, smell and presentation.
Answer: *Food habits or Food culture*

FBQ16: Basic food which is the main regular constituent of a meal of a group of people, a tribe, a region or a community is termed _____.
Answer: *Staple food*

FBQ17: Two types of carbohydrates are _____ and _____.
Answer: *Simple and Complex Carbohydrates*

FBQ18: Digestion of carbohydrates begins in the _____ and ends in the _____
Answer: *Mouth*

FBQ19: The end product of carbohydrate digestion is _____
Answer: *Glucose*

FBQ20: Animal protein sources are usually referred to as complete protein. True or False
Answer: *True*

FBQ21: Protein helps in the formation of hormones, enzymes and antibodies. True or False
Answer: *True*

FBQ22: _____ are protein substances that yield amino acids after complete hydrolysis
Answer: *Simple proteins*

FBQ23: Protein digestion starts from the _____
Answer: *Stomach*

FBQ24: The vast majority of protein digestion occurs in the _____
Answer: *Duodenum*

FBQ25: The recommended daily protein dietary allowance for adult men and women 18 to 35 years of age is _____.
Answer: *One gram per kilogram of body weight*

FBQ26: A deficiency disease of protein is called _____.
Answer: *Protein energy malnutrition(PEM) or Protein Caloric malnutrition (PCM)*

FBQ27: The amount of energy in fats and oils doubles that of protein and carbohydrate. True or False
Answer: *True*

FBQ28: The oils are solid at room temperature because they contain unsaturated fatty acids. True or False
Answer: *False*

FBQ29: Dietary fat stored as adipose tissue in man helps man to survive without food for some weeks. True or False
Answer: *True*

FBQ30: Oils provide the essential fatty acids which help in preventing excessive loss of water. True or False
Answer: *True*

FBQ31: The digestion of fats begins in the _____.
Answer: *Small intestine*

FBQ32: The end products of fats and oil digestion are_____, _____ & _____.
Answer: *Fatty acids, Glycerol & Glycerides*

FBQ33: _____ and _____ are two classes of lipids.
Answer: *Simple and Complex lipids*

FBQ34: Minerals can be classified into two: _____ and _____.
Answer: *Macro and Micro minerals*

FBQ35: Minerals are catalysts in enzymes and hormone system. True or False
Answer: *True*

FBQ36: Vitamins are group of inorganic substances needed by the body in minute

quantities but essential for normal metabolism, growth and development. True or False

Answer: *False*

FBQ37: The fat soluble Vitamins are generally unstable to heat. True or False

Answer: *False*

FBQ38: The water soluble Vitamins are easily destroyed by heat. True or False

Answer: *True*

FBQ39: Vitamin A is also known as_____.

Answer: *Retinol*

FBQ40: An average individual requires about _____ litres of water on daily basis.

Answer: *Two*

FBQ41: Water can be classified as either _____ or _____

Answer: *Hard or Soft*

FBQ42: The two main sources of drinking water are _____ and _____ water.

Answer: *Surface and Ground water*

FBQ43: The daily dose of Folic acid -----

Answer: *400mg*

FBQ44: The adult minimum requirement for Chloride is_____.

Answer: *750mg/day*

FBQ45: _____ is a tasteless, colorless, odourless and clear fluid that is made up of hydrogen and oxygen.

Answer: *Water*

FBQ46: Components of the plant cell wall that resist digestion by secretions of the human eliminatory tract is referred to as_____

Answer: *Dietary fibre*

FBQ47: Method of determining position, presentation and lie is called

Answer: *Leopold's manuevers*

FBQ48: Starch and fibre are both polysaccharides. True or False

Answer: *True*

FBQ49: _____feeding is the addition of other foods or liquid to the infant's foods while the mother is still breastfeeding.

Answer: *Complementary*

FBQ50: _____is the gradual or total withdrawal of breast milk from the infants.

Answer: *Weaning*

Multiple Choice Questions (MCQs):

MCQ1: Which of the following is a water-soluble vitamin?

Answer: Vitamin D

MCQ2: Which of the following nutrients delays gastric emptying, increases satiety, and lowers LDL cholesterol by interfering with the absorption of dietary cholesterol?

Answer: Carbohydrates

MCQ3: Which of the following vitamins will be better absorbed when taken with a meal that contains fat?

Answer: Vitamin B6

MCQ4: Which of the following nutrients has strong antioxidant properties?

Answer: Vitamin C

MCQ5: Which of the following substances, produced in the stomach, aids in later absorption of vitamin B12 in the small intestine?

Answer: Gastric lipase

MCQ6: What enzyme, present in saliva, initiates the digestion of carbohydrates?

Answer: Protease

MCQ7: What organ produces the bile necessary for digestion of lipids?

Answer: The duodenum

MCQ8: Which of the following statements about the protein:energy ratio of the requirement is incorrect?

Answer: Infants and children need the most protein dense food

MCQ9: A balance diet is.....

Answer: A diet which meets in full all nutritional needs of an individual

MCQ10: Factors to consider in food preparation are all except:

Answer: Socio economic status of the individual

MCQ11: First class proteins are also known as.....

Answer: Plant protein

MCQ12: Protein is for body building and replacement of worn out tissue and it also provides.....

Answer: Body support

MCQ13: Dark green vegetables are rich in.....

Answer: Vitamin A and E

MCQ14: Which of these age groups has the worst eating habits?

Answer: Elderly people

MCQ15: Carbohydrate intake diet is needed at what stage of pregnancy.....

Answer: Second trimester

MCQ16: Iron intake is required during the lastof pregnancy

Answer: Four months

MCQ17: The RDA of vitamin A in pregnancy is...

Answer: 5000 iu

MCQ18: The major source of Vitamin D is.....

Answer: Meat

MCQ19: The best food for the infant from birth to six months is.....

Answer: Breast milk and infant formula

MCQ20: The richest source of Vitamin C is.....

Answer: Citrus fruits

MCQ21: ADEK are also known as.....

Answer: Water soluble vitamins

MCQ22: Is given to all newborn and premature babies to improve blood clotting

Answer: Vitamin K

MCQ23: The carbohydrate content of whole wheat ispercent

Answer: Fifty five

MCQ24: The percentage of protein in rice is.....

Answer: Two

MCQ25: The recommended daily allowance of iodine during pregnancy is.....

Answer: 100 microgram/day

MCQ26: Vitamin C is mainly destroyed by.....

Answer: Extreme cold

MCQ27: Which of the following vitamins are best utilized in the presence of fat....

Answer: B1

MCQ28: Vitamin B1 is also known as.....

Answer: Thiamine

MCQ29: Another name for vitamin 12 is.....

Answer: Cyanocobalamine

MCQ30: Another name for Vitamin C is.....

Answer: Fruit vitamin

MCQ31: Vitamin C is used in treatment of.....

Answer: Beri beri

MCQ32: Deficiency of Vitamin K causes.....

Answer: Cracking of the mouth

MCQ33: Women should increase their calcium intake during menopause to prevent.....

Answer: Fracture

MCQ34: Calcium deficiency is called.....

Answer: Hypocalcaemia

MCQ35: The presence of tetany and muscle cramps indicates deficiency in.....

Answer: Potassium

MCQ36: Another name for Vitamin B6 is.....

Answer: Pyridoxine

MCQ37: Deficiency in iodine is called.....

Answer: Hypocalcaemia

MCQ38: Goitre is as a result of deficiency in.....

Answer: Iron

MCQ39: Carrots are rich in Vitamin.....

Answer: B

MCQ40: The best Vitamin for the eye is.....

Answer: C

MCQ41: The name for the carbohydrate found in milk is.....

Answer: Fructose

MCQ42: Vitamin E is found in foods that contain.....

Answer: Protein

MCQ43: Another name for Vitamin B2 is.....

Answer: Niacin

MCQ44: Another name for Vitamin B3 is.....

Answer: Niacin

MCQ45: Vitamin B complex generally includes.....

Answer: B1, B6, and B12

MCQ46: The richest sources of Vitamin B2 are.....

Answer: Organ meal

MCQ47: The first milk secreted during lactation is called.....

Answer: Immunity fluid

MCQ48: Cholesterol is found:

Answer: Only in saturated fats

MCQ49: Which of the following vitamins are water-soluble?

Answer: A & C

MCQ50: Colourful food tend to have special appeal for the:

Answer: School child