

1. A group of senior citizens requested guidelines to manage their nutrition-related disorders. Which of the following is NOT a suitable guideline?
 - (a) Consuming a moderate intake of salt to prevent hypertension.
 - (b) Consuming a moderate intake of carbohydrates to prevent obesity.
 - (c) Drinking approximately eight glasses of fluids per day.
 - (d) Consuming extra carbohydrates and fats.
2. The process of metabolism is defined as:
 - (a) The uptake of the end-products of digestion by the cells of the small intestines.
 - (b) The chemical reactions that occur in living cells.
 - (c) The breakdown of the energy-yielding nutrients.
 - (d) Reactions in which small molecules are broken down to smaller ones.
3. Mary consumed a meal of boiled yam and lettuce. What is the end-product of the digestion of the meat?
 - (a) Glucose
 - (b) Glycerol
 - (c) Fatty Acids
 - (d) Amino Acids
4. Shari is an obese teenager. Which of the following is NOT a risk factor of her condition?
 - (a) Low self-esteem
 - (b) Increased mobility
 - (c) Poor blood circulation
 - (d) Cardiovascular disease
5. Which of the following statements is an accurate definition of the Recommended Daily Allowance?
 - (a) The acceptable amount of additives that can be ingested daily without an appreciable risk.
 - (b) The desirable daily food intake that supports optimal nutrition and healthy goals.
 - (c) The recommended amount of foods an individual should consume daily.
 - (d) The intake of essential nutrients considered to be adequate to meet the known nutritional needs of healthy persons.
6. Which of the following factors may contribute to protein energy malnutrition in young children?
 - I. Low birth weight
 - II. Poor choices or poorly prepared foods
 - III. Poor hygiene practices regarding food
 - IV. Proper weaning
 - (a) I only
 - (b) I, II and III only
 - (c) I, II and IV only
 - (d) I, II, III and IV only
7. When planning meals for the elderly, which combination of nutrients should be included?
 - (a) Protein, iron, folic acid, fibre
 - (b) Calcium, zinc, folic acid, protein
 - (c) Carbohydrates, calcium, fat, Vitamin K
 - (d) Carbohydrates, protein, Vitamin D, Calcium
8. The eating disorder which occurs when persons induce vomiting after eating a meal is known as:
 - (a) Amenorrhoea
 - (b) Bulimia Nervosa
 - (c) Anorexia Nervosa
 - (d) Compulsive overeating
9. An adult who consistently consumes 1700 kilocalories a day and uses 2200 kilocalories a day for two weeks should:
 - (a) Lose $\frac{1}{2}$ to 1 pound
 - (b) Gain $\frac{1}{2}$ to 1 pound
 - (c) Lose 2 to 3 pounds
 - (d) Gain 2 to 4 pounds
10. Which of the following is the B&E advice to be given to a new mother about the management of breastfeeding when she returns to work?
 - (a) Eat mostly energy foods for energy needs.
 - (b) Express milk and refrigerate to feed the baby while she is at work.
 - (c) Drink large amounts of beverages during the day.
 - (d) Breastfeed the baby only in the evening after returning from work.

Food And Nutrition Cape Paper Multiple Choice

Paul Wapner, Hilal Elver



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