

7. the most common type of malnutrition in industrialized nations, such as The Zambia, is.....
- a) Anorexia.
 - b) Protein Deficiency.
 - c) Obesity.
 - d) Iron Deficiency.
8. A food that contains 10 grams of fat would yield ____ kcal.
- a) 40
 - b) 90
 - c) 70
 - d) 120

9. Sugars, starches, and dietary fibres are examples of
- a. Proteins.
 - b) Carbohydrates.
 - c) Vitamins.
 - d) Minerals.
10. Energy-yielding nutrients include
- a) Vitamins, Minerals, and Water.
 - b) Carbohydrates, Proteins, and Fats.
 - c) Trace Minerals and Fat-Soluble Vitamins.
 - d) Iron, Vitamin C, and Potassium.
11. Which of the following will have the highest glycaemic index?
- a) A raw apple
 - b) A raw Orange
 - c) A raw Mango
 - d) None of the above

12. Which one of the nutrient is considered the best for provision of structural muscles for Infants and young children (IYC)?
- a) Carbohydrates
 - b) Protein
 - c) Fat
 - d) Fruits and juices

Section B. Answer All Questions (20 Marks)

1. What are some of the negative consequences of consuming food products from a fast-food restaurant?
2. List the four main risk factors for the development of cardiovascular disease.
3. Explain briefly how you can competently prevent and manage a health conditions. Known as Eating Disorder
4. Explain the significance of proximate composition analysis, with a clear example of how to determine fat content in food.

Age
snowing
obesity

End of Test!

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SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF BIOMEDICAL SCIENCES

Date (12/10/2021)

BMS 3160: INTRODUCTION TO NUTRITION AND DIETETICS
(TEST 2)

SECTION A: ANSWER ALL (MCQ) (30 marks)
Circle the right answer

1. Anthropometric measurements include
 - a) Height, Weight, Skinfolds, and Body Circumferences.
 - b) Blood Concentrations of Nutrients.
 - c) A Diet History of the Previous Days' Intake.
 - d) Blood Levels of Enzyme Activities.

 2. The current food label must list
 - a) A picture of the product.
 - b) A uniform and realistic serving size.
 - c) The RdI for each age group.
 - d) Ingredients alphabetically.

 3. Strict vegetarians (vegans) are at risk for deficiency of which of the following Micronutrients?
 - a) Vitamin B-6
 - b) Vitamin B-12
 - c) Folate
 - d) Thiamin

 4. Which nutrient could easily be deficient in the diet of a vegan would be
 - a) Vitamin C.
 - b) Folic Acid.
 - c) Calcium.
 - d) All of the above.

 - i. Pellagra is classified as micronutrient diseases condition resulting from an Insufficiency consumption of which vitamin?
 - a) Vitamin A
 - b) Niacin B₃
 - c) Vitamin C
 - d) Vitamin D
- A diet comprising green vegetables, mostly fruits, raw carrots, kidney beans, chickpeas, lentils and bran breakfast cereals can be considered as;
- a) Imbalanced diet
 - b) Low GI diet
 - c) Medium GI diet
 - d) Balanced diet

Date (12/10/2021)

BMS 3140: INTRODUCTION TO NUTRITION AND DIETETICS
(TEST 2)

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Circle the right answer

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