



University of Palestine
Nursing Diploma program

Mid-Term Exam
Nutrition For Health Profession

اسم الطالب / _____
شعبة رقم / _____

Answer sheet

MSQ:

1) a b c d	2) a b c d	3) a b c d
4) a b c d	5) a b c d	6) a b c d
7) a b c d	8) a b c d	9) a b c d
10) a b c d	11) a b c d	12) a b c d
13) a b c d	14) a b c d	15) a b c d
16) a b c d	17) a b c d	18) a b c d
19) a b c d	20) a b c d	21) a b c d
22) a b c d	23) a b c d	24) a b c d
25) a b c d	26) a b c d	27) a b c d
28) a b c d	29) a b c d	30) a b c d

Course No: DNUR 2210
Course Title: Nutrition
Date: 23/03/2013
No. of Questions: (2)
Time: 1hours
Using Calculator (Yes)

University of Palestine

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Total Grade:

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Student No.: _____
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Dep. / Specialist: _____
Using Dictionary (No)

Question One: For each of the multiple choice questions below, circle the one most appropriate answer. And refilling it in the answer sheet.

1. Both the human body and many foods are composed mostly of:
a. fat. b. water. c. minerals. d. proteins
2. The energy-yielding nutrients are:
a. fats, minerals, and water.
b. minerals, proteins, and vitamins.
c. carbohydrates, fats, and vitamins.
d. carbohydrates, fats, and proteins.
3. An RDA represents the:
a. Highest amount of a nutrient that appears safe for most healthy people.
b. Lowest amount of a nutrient that will maintain a specified criterion of adequacy.
c. Average amount of a nutrient considered adequate to meet the known nutrient needs of practically all healthy people.
d. Average amount of a nutrient that will maintain a specific biochemical or physiological function in half the people.
4. The diet planning principle that provides all the essential nutrients in sufficient amounts to support health is:
a. Balance. b. Variety. c. Adequacy. d. Moderation.
5. Which of these stimulates the release of bile from gallbladder, when the fat enters the duodenum
a. cholecystokinin b. acetylcholine c. lipase d. lipoprotein.
6. Which nutrient passes through the GI tract mostly undigested and unabsorbed?
a. Fat b. fiber c. protein d. carbohydrate
7. Absorption occurs primarily in the:
a. Mouth. b. Stomach c. Small intestine. d. Large intestine.
8. All blood leaving the GI tract travels first to the:
a. Heart. b. Liver c. Kidneys. d. Pancreas.
9. The main function of bile is to:
a. Emulsify fats.
b. Catalyze hydrolysis.
c. Slow protein digestion.
d. Neutralize stomach acidity
10. Carbohydrates are found in virtually all foods except:
a. Milks. b. Meats. c. Breads. d. Fruits.

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11. Disaccharides include:

- a. Starch, glycogen, and fiber.
- b. Amylose, pectin, and dextrose.
- c. Sucrose, maltose, and lactose.
- d. Glucose, galactose, and fructose.

12. The making of a disaccharide from two mono-saccharides is an example of:

- a. digestion.
- b. hydrolysis.
- c. condensation.
- d. gluconeogenesis.

13. The storage form of glucose in the body is:

- d. insulin.
- b. maltose.
- c. glucagon.
- d. glycogen.

14. The significant difference between starch and cellulose is that:

- a. starch is a polysaccharide, but cellulose is not.
- b. animals can store glucose as starch, but not as cellulose.
- c. hormones can make glucose from cellulose, but not from starch.
- d. digestive enzymes can break the bonds in starch, but not in cellulose.

15. The ultimate goal of carbohydrate digestion and absorption is to yield:

- a. fibers.
- b. glucose.
- c. enzymes.
- d. amylase.

16. The enzyme that breaks a disaccharide into glucose and galactose is:

- a. amylase.
- b. maltase.
- c. sucrase.
- d. lactase.

17. What does the pancreas secrete when blood glucose rises? When blood glucose falls?

- a. insulin; glucagon
- b. glucagon; insulin
- c. insulin; glycogen
- d. glycogen; epinephrine

18. What percentage of the daily energy intake should come from carbohydrates?

- a. 15 to 20
- b. 25 to 30
- c. 45 to 50
- d. 45 to 65

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19. A triglyceride consists of:

- a. three glycerols attached to a lipid.
- b. three fatty acids attached to a glucose.
- c. three fatty acids attached to a glycerol.
- d. three phospholipids attached to a cholesterol.

20. The lipoprotein most associated with a high risk of heart disease is:

- a. CHD .
- b. HDL.
- c. LDL.
- d. LPL.

21. Chylomicrons are produced in the:

- a. liver.
- b. pancreas.
- c. gallbladder.
- d. small intestine.

22. Which of the following is not true? Fats:

- a. contain glucose.
- b. provide energy.
- c. protect against organ shock.
- d. carry vitamins A, D, t, and K

23. The essential fatty acids include:

- a. stearic acid and oleic acid.
- b. oleic acid and linoleic acid.
- c. palmitic acid and linolenic acid.
- d. linoleic acid and linolenic acid.

24. A person consuming 2200 kcalories a day who wants to meet health recommendations should limit daily fat intake to:

- a. 20 to 35 grams.
- b. 50 to 85 grams.
- c. 75 to 100 grams.
- d. 90 to 130 grams.

25. Isoleucine, leucine, and lysine are:

- a. proteases.
- b. polypeptides.
- c. essential amino acids.
- d. complementary proteins.

26. Which of the following foods provides the highest quality protein?

- a. Egg
- b. corn
- c. gelatin
- d. whole grains

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27. Marasmus develops from:

- a. too much fat clogging the liver.
- b. megadoses of amino acid supplements.
- c. inadequate protein and energy intake.
- d. excessive fluid intake causing edema.

28. Milk and milk products rich in:

- a. CHOs, fibers, thiamin, niacin, Zn , Fe
- b. fibers, minerals vit.A and vit.C
- c. protein, riboflavin B2, cobalamin B12, Ca, Mg
- d. protein, B-vit., Mg, Zn , Fe

29. It can be synthesized inside the body and derived from nucleic acids of meat:

- a. Glucose
- b. Fructose
- c. Galactose
- d. Ribose & deoxyribose

30. The recommended daily Value for fiber is:

- a. 10 gr
- b. 25 gr
- c. 70 gr
- d. 99 gr

Question Two:

1. What are the function of fibers?

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2. Mention the function of protein ?

[illegible]

3. What are the difference between saturated and unsaturated fatty acid ?

[illegible]

***End of Questions
Good Luck***