

### Sample Questions

**Directions:** Each of the numbered items or incomplete statements in this section is followed by answers or by completions of the statement. Select the **one** lettered answer or completion that is **best** in each case.

1. A function of carbohydrates in the diet is to:
  - A. absorb and transport vitamins.
  - B. promote growth and repair of tissues.
  - C. supply energy.
  - D. allow for enzyme action.
  
2. A slice of bread with 1 gram of fat, 10 grams of carbohydrate, and 2 grams of protein contains:
  - A. 42 calories.
  - B. 57 calories.
  - C. 82 calories.
  - D. 102 calories.
  
3. When sucrose is digested it yields:
  - A. two maltose units.
  - B. glucose and fructose.
  - C. glucose and galactose.
  - D. fructose and galactose.
  
4. A symptom of an essential fatty acid deficiency is:
  - A. anemia.
  - B. hair color changes.
  - C. skin rash.
  - D. loss of hearing.
  
5. Decreasing calorie intake by 400-500 calories per day would mean a loss of about one pound of body fat in:
  - A. 2 days.
  - B. 7 days.
  - C. 10 days.
  - D. 14 days.

6. Calcification of the soft tissues is a symptom of:
- A. vitamin K deficiency.
  - B. vitamin E deficiency.
  - C. vitamin D excess.
  - D. Vitamin A excess.
7. Which of the following substitutes for some of our need for vitamin E?
- A. sodium
  - B. sulfur
  - C. silver
  - D. selenium
8. The only foods that generally provide ample amounts of vitamin C are:
- A. meats.
  - B. milk and cheeses
  - C. vegetables and fruits
  - D. breads and cereals
9. Iron absorption from plant sources can be increased by \_\_\_\_ in the meal.
- A. phytic acid .
  - B. vitamin C
  - C. phosphates
  - D. fiber
10. Which of the following does not have antioxidant properties?
- A. zinc
  - B. vitamin C
  - C. vitamin E
  - D. selenium
11. Skim milk is not recommended for children under \_\_\_\_ of age.
- A. 6 months
  - B. 1 year
  - C. 2 years
  - D. 5 years

12. Which of the following does NOT describe a physiological change of aging?
- A. decrease in digestion and absorption capacity
  - B. reduction in lean body mass
  - C. lower basal metabolism
  - D. increase in taste sensitivity
13. All of the following are risk factors for developing osteoporosis EXCEPT:
- A. Cigarette smoking
  - B. Sedentary lifestyle
  - C. African-American ancestry
  - D. Early menopause
14. WS is a 55 year old woman who is complaining of intermittent flushing, itching, and heartburn for several months. Megadosing of which of the following vitamins may result in these symptoms?
- A. Niacin
  - B. Riboflavin
  - C. Vitamin B12
  - D. Vitamin E
15. You see many patients who subsist on a diet of corn meal and boiled greens, have little appetite for food, alternate between diarrhea and constipation, have an inflamed tongue, and a scaly dermatitis on exposed skin. The patients most likely have a vitamin deficiency of
- A. thiamin
  - B. niacin
  - C. riboflavin
  - D. folate
  - E. cobalamin
16. To provide protection against neural tube defects, folate intake should be increased
- A. At the time of conception
  - B. After the pregnancy has been confirmed
  - C. During the second trimester
  - D. During the third trimester

17. It is more advantageous for the human body to store fuel as triacylglycerol in tissue than as protein in muscle because adipose triacylglycerol stores contain:
- A. More calories and more water
  - B. Less calories and less water
  - C. Less calories and more water
  - D. More calories and less water
18. A patient who needed to lose weight began eating at fast food restaurants. He did not change his exercise level. However, the composition of his diet was altered in that his carbohydrate intake decreased by 50 g/day and his fat intake increased by 50 g/day. Otherwise, his diet remained the same. On this diet:
- A. He gained weight
  - B. He lost weight
  - C. His weight remained the same
19. Lard (pork fat) is a solid at room temperature because most of its fatty acids are:
- A. long and saturated.
  - B. short and saturated.
  - C. long and unsaturated.
  - D. short and unsaturated.
20. An essential amino acid:
- A. forms a complete protein.
  - B. is needed only by growing infants and children.
  - C. may prevent dermatitis.
  - D. cannot be synthesized by the body in sufficient amounts to meet the body's needs.