

CHS226: Principles of Nutrition
Second Midterm Exam (Students' Model)
First (Second) Semester, 143 - 143

Time allowed: (60 minutes)

Date: /1438

الاسم: _____ الرقم الجامعي: _____ رقم الكشف: _____

Part I: Write True or False between brackets and correct the false question (s) by underlining the false word(s) and write it (them) under each question. Non corrected false question (s) will be given zero: **Carefully transfer your answers to the answer sheet that will be checked and marks will be given based on your answers in the answer sheet.**

(marks)

1. Non athletes have higher water than athletes (Vise versa)
2. In adults; most of the body water is found in the Extracellular fluid compartment (Intracellular fluid compartment)
3. Water is necessary to control of body temperature
4. Starvation or carbohydrate-rich (restricted) diet leads to loss of body water
5. Fat yields more metabolic water than protein and carbohydrate
6. Complex carbohydrates are digested more quickly than simple carbohydrates and do not contain enough essential nutrients (Vise versa)
7. Sufficient (Insufficient) carbohydrates in the diet can lead to using larger amounts of body fats and accumulation of ketone bodies
8. Increasing the consumption of whole grains, nuts, and non-starchy vegetables lowers the dietary glycemic load
9. Ribose and Deoxyribose in the Nucleic Acids are proteins (carbohydrates)
10. COOH (R or side chain) group distinguishes one amino acid from another.
11. Methionine, tryptophan, lysine and serine are essential amino acids
12. The theoretical highest biological value of any food source of protein is 100% which is in the egg white (whole egg)
13. Protein of animal origin are of high biological value except collagen-derived gelatin that lacks lysin (tryptophan)
14. Ovo-vegetarians eat grains, vegetables, fruits, legumes, seeds, nuts, and dairy products (eggs)

Part II: Circle the correct answer: Carefully transfer your answers to the answer sheet that will be checked and marks will be given based on your answers in the answer sheet.
(marks)

1. According to the recommendations of the Institute of Medicine, the daily water intakes (L) for women and men are :
 - a) 3.0 for each
 - b) 2.2 for each
 - c) **2.2 and 3.0; respectively**
 - d) 3.0 and 2.2; respectively
2. Organic compounds that are considered an immediate energy source and can be stored as glycogen in liver and muscles
 - a) Proteins
 - b) Lipids
 - c) Vitamins
 - d) **Carbohydrates**
3. A polysaccharide that can be digested by human:
 - a) Glucose
 - b) Lactose
 - c) **Starch**
 - d) Cellulose
4. Maltose (malt sugar) is composed of:
 - a) glucose + fructose
 - b) galactose + glucose
 - c) **glucose + glucose**
 - d) galactose + Galactose
5. They are complex carbohydrates that yield only one type of monosaccharide units on hydrolysis:
 - a) Oligosaccharides
 - b) **Homopolysaccharides**
 - c) Heteropolysaccharides
 - d) Triglycerides
6. The recommended daily dietary fiber intake is
 - a) 20-35 mg
 - b) **20-35 g**
 - c) 50-100 g
 - d) 150-200 g
7. Of the total daily energy intake, protein should comprise
 - a) 45-65%
 - b) 20- 35%
 - c) **10-35 %**
 - d) None of the above
8. A large piece of banana has a glycemic index of 52 and glycemic load of 14; so it has a:
 - a) High glycemic index and high glycemic load
 - b) High glycemic index and intermediate glycemic load
 - c) Low glycemic index and high glycemic load
 - d) **Low glycemic index and intermediate glycemic load**

9. They are hydrogenated forms of carbohydrates, used in foods to give sweet taste, cooling effect, and retain moisture
- a) Trans fats
 - b) **Polyols**
 - c) Aspartame
 - d) Stevia
10. A non-caloric sweetener hydrolyzed by intestinal esterase to Phenylalanine, so persons suffering from Phenylketonuria should not consume products containing it.
- a) Trans fats
 - b) Polyols
 - c) **Aspartame**
 - d) Stevia
11. The amino acid which is the precursor of B-vitamin niacin and serotonin is:
- a) **Tryptophan**
 - b) Glycine
 - c) Phenylalanine
 - d) Tyrosine
12. Proteins containing all essential amino acids required to promote and maintain normal growth are called
- a) **complete,**
 - b) partially complete
 - c) incomplete
 - d) Conditionally essential
13. The amount of excreted nitrogen as opposed to the amount of taken in nitrogen is called:
- a) **Nitrogen Balance**
 - b) Biological value of protein
 - c) Protein equilibrium
 - d) Negative Nitrogen Balance
14. The recommended daily protein intake (g) for pregnant women is:
- a) **0.8 g /Kg BW + 15 g**
 - b) 0.8 g /Kg BW + 25 g
 - c) 8 g /Kg BW + 15 g
 - d) 8 g /Kg BW + 25 g

Part III: writing the question number from column (A) beside its correct answer in column (B).
Carefully transfer your answers to the answer sheet that will be checked and marks will be given based on your answers in the answer sheet.

(marks)

#	Column (A)
1.	<i>Daily Water Input is through</i>
2.	<i>Electrolytes</i>
3.	<i>Denaturing of protein</i>
4.	<i>Gluconeogenesis</i>

#	Column (B)
1	food, fluid drinks and metabolic water
2	Substances that when dissolved in water, they dissociate into cations and anions
3	Alteration of its shape and thus functions through the use of Heat, acids, Bases or Salts
4	formation of glucose from non-carbohydrate sources