**Student Name**  Final Grade:

**ID number**

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| **Second question : write T or F** | | | |  | |  | **16-** | |
|  | | **1-** | | |  | |  | **17-** | |
|  | | **2-** | | |  | |  | **18- 3** | |
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**First Question:**

**MCQs: Choose the right answer:**

**1.Carbohydrates are found virtually in all food except:**

a.milk

b.meat.

c.bread.

d.fruits.

**2.The storage form of glucose in the body is:**

a.insulin

b.maltose.

c.glucagon.

d.glycogen.

**3.The Ultimate goal for carbohydrates digestion and absorption is to yield:**

a.fibers.

b.glucose.

c.enzymes.

d.amylase.

**4.What does the pancreas secretes when the bloode glucose rises? When blood glucose falls?**

a.Insulin;glucagon.

b.glucagon;insulin.

c.insulin;glycogen.

d.glycogen; epinephrine.

**5.** **The carbohydrate form in which glucose is stored in the animal body is**

a.starch

b.gycogen.

c.polycharride

d.fructose

**6.** **Wave-like contractions of the muscle fibers of the stomach and intestinal walls are called**

a. segmentation.

b. peristalsis

c.metabolism

d.digestion

**7. The recommended percentage of dietary energy intake from fat is less than:**

a. 12%

b. 30%.

c. 35%.

d. 40%.

**8. 8-An element that is not found in triglycerides is**:

a. carbon

b. hydrogen

c. nitrogen

d. oxygen.

**9.Energy available in 1/2 cup of rice that 15 grams of carbohydrates:**

1. 4 kcals.
2. 40 kcals.
3. 60 kcals.
4. 15 kcals.

**10. Deficency of energy or nutrients is known as:**

1. Undernutrition.
2. Overnutrition.
3. Anabolism.
4. Catabolism.

**11. Macronutrients are:**

1. Carbohydrates and proteins.
2. Carbohydrates, proteins and fat.
3. Carbohydrates, proteins, fats, vitamins and minerals.
4. Vitamins and Minerals.

**12.** **The chemical feature that distinguishes a saturated fatty acid from an unsaturated fatty acid is:**

1. the amount of water it contains.
2. the amount of cholesterol it contains.
3. the source.
4. the amount of hydrogen it contains.

**13.** **Cholesterol is synthesized by the body mainly in the**

1. intestine
2. liver
3. adipose tissue
4. skin

**14.** **The hormone responsible for stimulating the gallbladder to contract and release bile into the small intestine is**

1. gastric lipase.
2. cholecystokinin.
3. enteric lipase.
4. enterokinin.

**15.If a patient complains of constipation , what is the best food option you recommend:**

1. Bran flakes.
2. Yogurt.
3. Milk.
4. Croissant.

**16. If a person suffers from hyperlipidemia, the best breakfast option is:**

1. Cheese sandwich
2. Oat meal and fruits
3. Low fat milk
4. Omelet.

**17. Excess fat in the diet will be:**

1. converted into glucose and burned as energy.
2. converted into cholesterol.
3. converted into lipoproteins.
4. stored as body fat.

**18. 18. An important function of bile is to:**

1. digest triglycerides.
2. activate the intestinal lipases.
3. break the fat into smaller particles.
4. split the fatty acids into 2-carbon molecules.

**Second Question:**

**Place T in front the correct sentence and F in front the wrong one and Correct it.**

[ F ]1.All monosaccharides have the same sweetness.

DIFFERENT

[ F ]2.Galagtose , is a monosaccharide ; sometimes known as a blood sugar. GLUCOSE

[ T ]3.Fructose has exactly the same the chemichal formula as glucose but it has different structure.

[ F ]4. . Saturated fatty Acids quickly become rancid.[ Unsaturated fatty acids]

[ F ]5. Olive oil contains polyunsaturated fatty acids. [ monounsaturated fatty acids]

[ F ]6.Stomach acids activates the salivary enzymes which catalyses starch digestion in the stomach. INACTIVATES

[ T ]7.fatty acids saturation affects the physical characteristics of the fat.

[ F ]8. Phospholipids cannot be found in nature. [ can be found in nature]

[ T ]9. Lecithin is a major constitute of cell membrane.

[ F ]10. Only food derived from animals contains sterols.

[ animal and plants contain sterols]

[cholesterol] [ F ] 11. In human body, the bile is made in the liver from lecithin.

[ F ] 12. -Lecithen is an essential nutrient.

[is non essential nutrient can be made in the body]

[ F ] 13. Chylomicronshas are produced in the liver.

[ IN THE SMALL INTESTINE]

**Third Question:**

**Fill in the blanks**

1)--hydrolysis---------- is a chemical reaction that breaks disaccharides by---adding---------- molecule of water to yield two molecules of monosaccharide.

2)----Fructose---------------is a monosaccharide that is known as fruit sugar.

3) The essential fatty acids include:

a---Linoleic Acid [ omega 6]--

b---linolenic Acid [ omega 3]-

4)--phytates------------------------found in the husks of the grains and seeds, bind to minerals and prevent their absorption.

5)--Soluble------------------fibers easily digested by bacteria forming ----viscous---------------layer.

6) The difference between Cis- and Trans- fatty acids is in --configuration--------**7)-**Excellent vegetable source of omega-3 fatty acids --Walnuts/flaxseed/soybean/wheat germ/--

**8)**---lipoprotein lipase---------- the enzyme that hydrolyzes triglycerides from lipoproteins , producing glycerol , fatty acids and monoglycerides.

**Fourth Question:**

**A) What is Dietetics?** the health profession responsible for the application of nutrition science to promote human health and treat disease

**B)** **What are the functions of triglycerides?**

1- Provide an energy reserve when stored in the body's fat tissue.

2-Insulate against temperature extremes.

3-Protect against shock.

4-Help the body to use carbohydrate and protein efficiently.