Titles of main lectures for .nutrition course (one hour per week)

By Prof . Ghiath Sumainah

1-introduction to nut ition and basic terms ; 2-Energy in nutrition total energy expenditure , physical activity , energy intake and balance ,energy measurement , estimated average requirements for energy with low active group.3- Nutrition facts panel on food labels. 4- Food guide pyramid & healthy diets .5-Digestion of CHO ,Fat, and protein foods for absorption through the gastrointestinal track and absorption. 6- Carbohydrates CHO) in nutrition and artificial sweetener.7- Fats(Lipids)in nutrition and functions. 8- Protein and AA importance and functions in nut. 9-Minerals and trace elements.10- Vitamins soluble in water and Insoluble functions and needs. 11- The dental diet (Choosing Foods That Are Good For Your Teeth) .12-The power of the phytochemical.

1-The Balanced diet is one, which-will meet the following ;
A -a person's caloric need
B- contain all nutrients,
C- should satisfy the taste and desire of a person
D-All mentioned in A ,B ,C.

2- Typical Balanced diet should have the following as a percent of total energy requirement :
A- 50-60 % carbohydrates,
B- 30-35 % fats
C- 10-15 % proteins, with necessary vitamins and minerals
D- all mentioned in A, B, C.

3-our body shows that it is made of materials similar to those found in foods as follow:
A-70-60 percent of body mass water.
B-13-21 percent fat for young men, raised to 23-31 % for young women.
C-10-15 % protein and 3-5% minerals and some other components made up the reminder.
D- all above mentioned constituents in A,B,C

4- Digestive disorders(some) arise as a result of:
A- enzyme deficiency
B-malabsorption, and precipitation of cholesterol from bile as gallstones
C- absorption of unhydrolyzed polypeptides,;
D- all of the above reasons

5- One kilogram of adipose tissue corresponds to:
A- 7700 kcal of energy
B-7000 kcal of energy
C-3500 kcal of energy
D-3000 kcal of energy

1-

Put the answer for each question in the table at the end of questions

1-The Balanced diet is one, which-will meet the following ;
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6 - Over nutrition leads to excess energy intake and is associated with diseases called……
A – infectious diseases
B- chronic not infectious
C- not infectious diseases
D-GI tract diseases

7-: The basal metabolic rate is :
A- the amount of energy expended while at complete rest,

1`-Nutrition facts panel on food labels Include:
A-the serving size and
B-the servings per container .
C- information of standards called the Daily Values

D-all of the above mentioned

2-The daily value of nutrition facts on food labels must provide the nutrient amount and percent Daily Value, for the following:
A-Total food energy
B-Total fat and Total carbohydrate
C-Protein and some vitamins and minerals
D-All above mentioned nutrients

3- Total fat on food labels must presented in grams and percent Daily Value and should include the following:
A- Saturated fat (grams and percent Daily Value)
B- Trans fat (grams)
C Cholesterol (milligrams and percent Daily Value)
D- All above mentioned nutrients
E- Protein

4- The food labels on food panel must present nutrient content for the following:
- A- vitamins Vitamin A• Vitamin C
- B- minerals Iron• Calcium
- C- Vitamins B
- D- All mentioned in A and B

5- What food products have Nutrition Facts on food panel
- *A*- *Almost all* prepackaged foods have Nutrition Facts
- *B*- *All fresh food*
- *C*- All vegetables and fruits
- *D*- foods that contain very few nutrients ascoffee beans, tea leaves, spices

6- Daily Value recommended standard found in a specified serving of food for key nutrients based on a 2000-kcalorie diet Daily are:
- A- Protein 90 gm,
- B- Total fat 55 gm ,
- C- Total CHO 30 gm,
- D- Protein 50,total fat 65 gm, and total CHO 300gm ,

7- Daily Value recommended standard found in a specified serving of food for some vitamins and mineral based on a 2000-kcalorie diet Daily are:
- A- Vitamin A 10000 ug ,
- B- Vitamin C 30 mg ,
- C- Cacium 1999 mg,
- D- Vitamin A 1500 , vitamin C 60 mg , calcium 1000 mg .

8- Body mass index (BMI) can be calculated as :
- A- divide weight(in pound) by height(in squared meter)
- B- divide weight (in Kg) by height (in squared foot)
- C- divide weight (in Kg) by height (in squared meter)
- D- no need for calculation to get BMI as there is table already prepared.

9-In this course ……., is used for calculating all process of energy , but is gradually being replaced by .....

A- Kilojoule
B- Kilocalorie
C- Kilovolt
D- Electronvolt

10- . Food groups are a classification of foods on the basis of the nutrient profile
Commonly used food groups are:
A- high protein foods,
B- carbohydrate-rich foods, fruit and vegetable,
C- dairy foods;
D-all groups mentioned in A,B,and C

1- A new field of study called nutritional genomics
A- is the science of how nutrients affect the activities of genes
B-. is how genes affect the interactions between diet and disease
C- is the integration of A and B.
D- There is no such a field of study

2-If we say " one kilogram(Kg) of adipose tissue corresponds to7700 Kcal" , what is the meaning of that from practical point.
A- To gain one Kg body mass you need that amount.
B- To loss half Kg body mass you need to spend that amount
C- To gain or to loss one Kg you need 3500 kcal.
D- In practical side you need 5000 Kcal in any situation

3- -What is meant by the subject of Dietetics :
A -It includes the study of metabolism of micronutrients
B- It is the practical Application of the principles of nutrition;
C- It is includes the planning of meals for the well and the sick
D- the meaning of dietetics comprised in B and C.

4- Over nutrition leads to excess energy intake and is associated with diseases called…….. :
A-Gastro intestinal tract diseases-
B – infectious diseases
C- chronic not infectious
D- contiguous diseas

5-- The Dietary Guidelines encourage consumers to adopt a balanced eating plan, and limit intake of :
A- variety of grains
B- solid fat (saturated fat and trans fat)
C- added sugars
D- all foods in B and C only

6- The basal metabolic rate is
A- the amount of energy expended while at complete rest,
B- the energy required to digest and absorb food
C- The energy expended in physical activity.

D-All in A,B and C

7- ó Walking and brisk walking used energy in order of about …….. , …… Kcal per 30 minutes as follow :
A- 90 , 115
B- 99 , 150
C- 150 , 99
D- 150 , 115

8-What is meant by Daily Values (DV):
A-It is a reference standard values of nutrients ,developed specifically for use on food labels.
B-It based on total energy expenditure of 2000 Kcal/d or 2500Kcal/d.
C- All in A and B give the meaning of DV.
D-It used for calculation of energy

9—What is body mass index (BMI) entitle:
A- Is the most accepted and widely used crude index of slimness.
B- Is the most accepted and widely used crude index of energy expenditure..
C- is an accepted indicator of vitamins status in body
D- Is the most accepted and widely used crude index of obesity

10 -With regard to the components of foods (diets) pick up the incorrect phrase :
A-composed of nutrients: macronutrients (protein, fats, carbohydrates, and the micronutrients (vitamins, minerals, and trace elements).
B- Food also contains many non-nutritional, but biologically active substances.
C- These include toxins and contaminants, such as alkaloids and aflatoxins, which are harmful to health,
D-Food never contain useful components , such as phytochemicals, that may be health-promoting