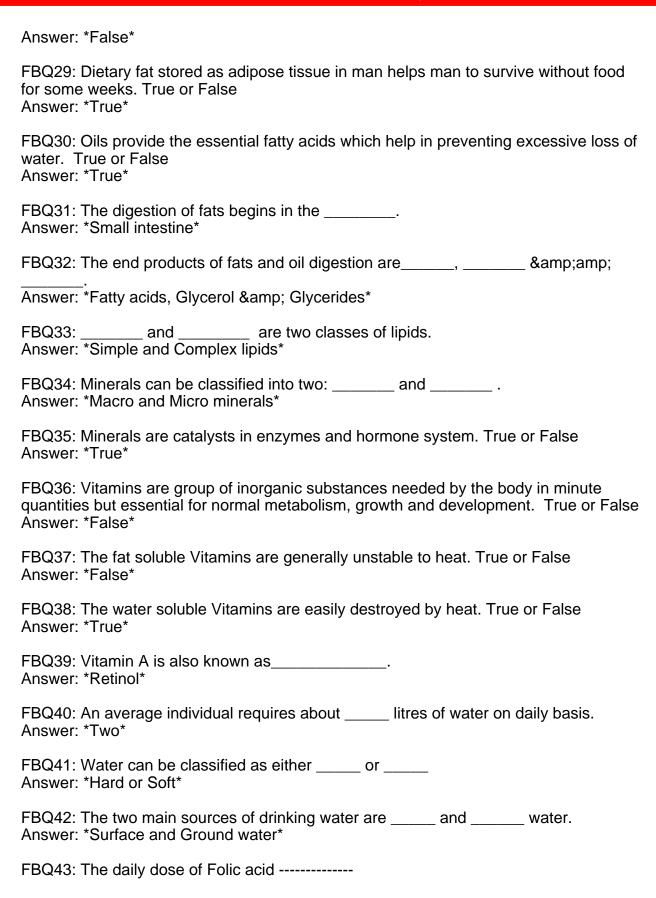
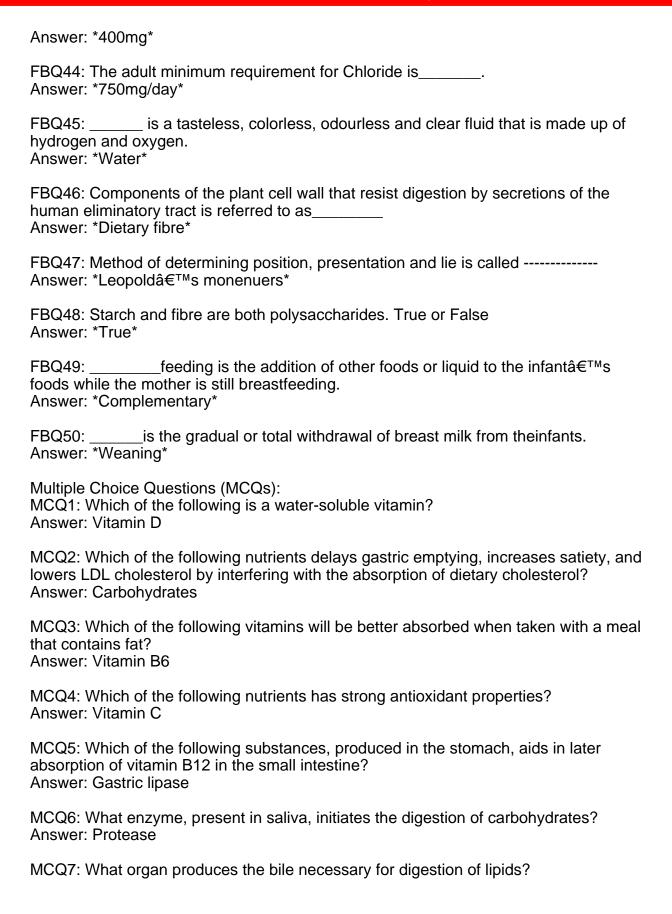
FBQ1: are chemical components of food that supply nourishment to the body. Answer: *Nutrients*
FBQ2: is a diet that contains all the essential nutrients taking in the right proportion at a sitting. Answer: *Adequate diet*
FBQ3: Excessive intake of fatty foods can lead to Answer: *Overweight or Obesity*
FBQ4: are the very small molecules that are also part of food composition that are needed in small quantities in the body.  Answer: *Micronutrients*
FBQ5: Micronutrients are very important for good health. True or False Answer: *True*
FBQ6: refers to the quality and quantity of essential nutrients thateach food contains that will promote and rehabilitate good health Answer: *Food value*
FBQ7: is the utilization of the food nutrients in the body system in order to restore, maintain and promote quality and healthful life.  Answer: *Nutrition security*
FBQ8: The â€~father of medicine' who first show that children consumed more food than adults is Answer: *Hippocrates*
FBQ09: identified certain food substances that when absent could lead to certain diseases such as rickets and scurvy Answer: *Hopkins, F.C.*
FBQ10:was the first scientist to prepare the first food composition tables Answer: *Atwater, W.D.*
FBQ11: is an edible digestible absorbable and utilizable substance that maintains, restores and promotes growth and quality health.  Answer: *Food*
FBQ12: The values, beliefs, attitudes, and practices accepted by members of a group or community is referred to as Answer: *Culture*
FBQ13: The primary function of food is Answer: *To supply energy to the body*
FBQ14: One of the major causes of childhood malnutrition in some developing countries is

Answer: *Cultural food taboos to infants and pregnant women*
FBQ15: is defined as the ways in which human beings use food that includes selection, touch, smell and presentation.  Answer: *Food habits or Food culture*
FBQ16: Basic food which is the main regular constituent of a meal of a group of people, a tribe, a region or a community is termed Answer: *Staple food*
FBQ17: Two types of carbohydrates areand Answer: *Simple and Complex Carbohydrates*
FBQ18: Digestion of carbohydrates begins in the and ends in the Answer: *Mouth*
FBQ19: The end product of carbohydrate digestion is Answer: *Glucose*
FBQ20: Animal protein sources are usually referred to as complete protein. True or False Answer: *True*
FBQ21: Protein helps in the formation of hormones, enzymes and antibodies. True or False Answer: *True*
FBQ22:are protein substances that yield amino acids after complete hydrolysis Answer: *Simple proteins*
FBQ23: Protein digestion starts from the Answer: *Stomach*
FBQ24: The vast majority of protein digestion occurs in the Answer: *Duodenum*
FBQ25: The recommended daily protein dietary allowance for adult men and women 18 to 35 years of age is Answer: *One gram per kilogram of body weight*
FBQ26: A deficiency disease of protein is called  Answer: *Protein energy malnutrition(PEM) or Protein Caloric malnutrition (PCM)*
FBQ27: The amount of energy in fats and oils doubles that of protein and carbohydrate. True or False Answer: *True*
FBQ28: The oils are solid at room temperature because they contain unsaturated fatty acids. True or False





Answer: The duodenum

MCQ8: Which of the following statements about the protein:energy ratio of the

requirement is incorrect?

Answer: Infants and children need the most protein dense food

MCQ9: A balance diet isâ€lâ€lâ€lâ€lâ€l.

Answer: A diet which meets in full all nutritional needs of an individual

MCQ10: Factors to consider in food preparation are all except:

Answer: Socio economic status of the individual

MCQ11: First class proteins are also known asâ€lâ€lâ€lâ€lâ€lâ€lâ€l.

Answer: Plant protein

MCQ12: Protein is for body building and replacement of worn out tissue and it also

provides……… Answer: Body support

MCQ13: Dark green vegetables are rich inâ€lâ€lâ€lâ€lâ€lâ€lâ€l.

Answer: Vitamin A and E

MCQ14: Which of these age groups has the worst eating habits?

Answer: Elderly people

MCQ15: Carbohydrate intake diet is needed at what stage of pregnancyâ€lâ€lâ€lâ€l

Answer: Second trimester

MCQ16: Iron intake is required during the last â€lâ€lâ€lâ€l..of pregnancy

Answer: Four months

MCQ17: The RDA of vitamin A in pregnancy is…

Answer: 5000 iu

MCQ18: The major source of Vitamin D isâ€lâ€lâ€l

Answer: Meat

MCQ19: The best food for the infant from birth to six months isâ€lâ€l

Answer: Breast milk and infant formula

MCQ20: The richest source of Vitamin C isâ€lâ€lâ€lâ€l

Answer: Citrus fruits

MCQ21: ADEK are also known asâ€lâ€lâ€lâ€lâ€l

Answer: Water soluble vitamins

MCQ22: â€lâ€lâ€lâ€l. Is given to all newborn and premature babies to improve blood

clothing

Answer: Vitamin K

MCQ23: The carbohydrate content of whole wheat is â€lâ€lpercent

Answer: Fifty five

MCQ24: The percentage of protein in rice is……

Answer: Two

MCQ25: The recommended daily allowance of iodine during pregnancy isâ€lâ€lâ€l

Answer: 100 microgram/day

MCQ26: Vitamin C is mainly destroyed byâ€lâ€lâ€lâ€l

Answer: Extreme cold

MCQ27: Which of the following vitamins are best utilized in the presence of fatâ€l...

Answer: B1

MCQ28: Vitamin B1 is also known asâ€lâ€lâ€lâ€lâ€lâ€lâ€l..

Answer: Thiamine

MCQ29: Another name for vitamin 12 isâ€lâ€lâ€lâ€l

Answer: Cyanocobalamine

MCQ30: Another name for Vitamin C isâ€lâ€lâ€l

Answer: Fruit vitamin

MCQ31: Vitamin C is used in treatment ofâ€lâ€l

Answer: Beri beri

MCQ32: Deficiency of Vitamin K causesâ€lâ€lâ€lâ€lâ€lâ€lâ€lâ€l

Answer: Cracking of the mouth

MCQ33: Women should increase their calcium intake during menopause to

preventâ€lâ€lâ€l Answer: Fracture

MCQ34: Calcium deficiency is calledâ€lâ€lâ€lâ€l

Answer: Hypocalcaemia

MCQ35: The presence of tetany and muscle cramps indicates deficiency inâ€lâ€lâ€lâ€l

Answer: Potassium

MCQ36: Another name for Vitamin B6 is…………

Answer: Pyridoxine

MCQ37: Deficiency in iodine is calledâ€lâ€lâ€l

Answer: Hypocalcaemia

MCQ38: Goitre is as a result of deficiency inâ€lâ€lâ€lâ€l

Answer: Iron

MCQ39: Carrots are rich in Vitaminâ€lâ€lâ€lâ€l

Answer: B

MCQ40: The best Vitamin for the eye isâ€lâ€lâ€lâ€l

Answer: C

MCQ41: The name for the carbohydrate found in milk is………

Answer: Fructose

MCQ42: Vitamin E is found in foods that contain……………

Answer: Protein

MCQ43: Another name for Vitamin B2 isâ€lâ€lâ€lâ€lâ€lâ€l

Answer: Niacin

MCQ44: Another name for Vitamin B3 isâ€lâ€lâ€lâ€lâ€lâ€l

Answer: Niacin

MCQ45: Vitamin B complex generally includesâ€lâ€lâ€lâ€lâ€l

Answer: B1, B6, and B12

MCQ46: The richest sources of Vitamin B2 areâ€lâ€lâ€lâ€lâ€lâ€l

Answer: Organ meal

MCQ47: The first milk secreted during lactation is calledâ€lâ€lâ€lâ€l

Answer: Immunity fluid

MCQ48: Cholesterol is found: Answer: Only in saturated fats

MCQ49: Which of the following vitamins are water-soluble?

Answer: A & amp; amp; C

MCQ50: Colourful food tend to have special appeal for the:

Answer: School child