

NSC212

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1. The invention of digging tools led to introduction of the following, EXCEPT

--->> Timber

Tuber

Bulb

Root

2. Lactose is popularly referred to as _____

Oil

Milk

Sugar

--->> Milk sugar

3. _____ demonstrated that food containing nitrogen was essential to life.

Mayow

--->> Magendle, F

Mulder, G. J

Ohlson, M.

4. About half of your diet should be made up of _____

Fruits and Milk

Milk and Cheese

--->> Grains and Vegetables

Fats and Sugars

5. Which nutrient deficiency is main reason for microcytic anemia?

Vitamin C

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Folic acid

--->> Iron

6. Amylases in saliva begin the breakdown of carbohydrates into _____

Amino Acids

--->> Simple Sugars

Polypeptides

Fatty acid

7. _____ is one of the major causes of childhood malnutrition in developing countries

Herbalist food

Family food

Religion food

--->> cultural food

8. Which century has witnessed a significant shift in the direction of nutrition research?
19th

21th

16th

--->> 20th

18th

9. The primary function of food is to supply _____ to the body

--->> Energy

Nutrients

Nitrogen

vitamins

10. This food group is our body's best source of energy?

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--->> Breads and Cereals

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