1. The incidence of .... can be adding iodized salt :

 a. scurvy b. beriberi c. rickets d. goiter e. xerophthalia

 2. Microcytic hypo chromic anemia could be caused by :

 a. lack of IF (intrinsic factor) b. strict vegetarian diet c. deficiency of folacin

 d. deficiency of iron e. b +d

**3**. the recent discovery of .... deficiency in Jordan is reported as a serious puplic health problem

 a. vitamin A b. chromium c. pantothenic acid d. vitamin K e. vitamin E

**4**. which of the following fat reference value is incorrect :

 a. 13% in adult b.22% at age 1 year c.16% at onset of adolescence

 d. 25% in women e. 20% in 25 Y old male

5. during pregnancy and early lactation the total body tissue needs of iron (mg/day)is:

 a. 1 b. 1.5 c. 3 d 4.5 e. 10

**6.** which 3 vitamin have RDAs based on energy intake because each they play coenzyme roles:

 a. tocopherol, niacin, pyridoxine b. thiamine, riboflavin , niacin

 c. niacin,B\_carotene ,fclacin d. pyridoxine , vitamin K , thiamine

 e. folacin ,iodine, riboflavin

**7.** Nutrient are chemicals . anutient may be defined as A :

 a. any chemicals in food b.any food chemical that is not harmful to health c. Most, if not all, needs should be supplied to tissues from food

 d. any chemicals food that is partially synthesized by the body

 e. organic but not in organic chemicals in the food

**8** .which of the following is/are not empty calories :

 a. coca cola b. butter c. sugar spinach e. a+d

**9**. nutrient density refers to the :

 a. nutrient content of food in relation to its calorie content

 b. amount of sugar added to afood in relation to the amount naturally occurring

 c. the percentage of fat in food in relation to its calorie content

 d. amount of food protein in relation to its calorie content

**10**. what function do CHO, fat and protein all share ?

 a. source of biological energy for the body

 b. cofactor or coenzyme in energy metabolic

 c. regulation of water balance

 d. regulation of acid\_base balance

 e. all of the above

**11**. A biscuit contains 9g of starch ,15g of sucrose ,1g of protein , and 2g of fat. Nearly how much are the calories?

 a. 80 Kcal b. 100 Kcal c. 120 Kcal d. 140 Kcal

**12**. which of the following food does NOT contain dietary fiber or starch?

 a. pear b. corn c. bread d. Old cows flesh meat

**13**. of the food component ,... is (are) not nutrient and its excess may harm your health

 a. niacin b. cholesterol c.pictin d. B + A e. B + C

14. which of the following mixture food is an example of complementary proteins

 a. Whole wheat bread and butter b. brown rice and chickpeas

 c. the FALAFEL Sandwich d. A + B e. B +C

15. In the NIDDM the percentage of simple sugar from total diet (CHO) IS:

 A\_50% B\_ 5% C\_20% D\_30% E\_15%

16. Fiber diet will not be prevent on of the following :

 a\_ colon cancer b\_ obesity c\_ gall bladder stone d\_ diverticular e\_IDDM

17. The management of CHD by the following :

 a\_ Low protein diet b\_ Low fiber diet c\_ high S.PX ratio d\_ Low plasma cholesterol e\_ Low saturated F\_A f\_ d&e

18. Low protein diet with high quality use in the following except:

 a\_ IEM b\_ Infection c\_ renal failure d\_ cirrhosis e\_ none

19. One of the following statements is wrong about the % of fat :

 a\_ 14% at birth b\_ 26% on 19 year old c\_ all of the following d\_ none of the above

20. the additional allowances of energy during lactation:

 a\_ 500 cal b\_ 300 c\_200 d\_100 e\_ 250

21. the weight of pregnant women at 2\_3 trimester increased:

 a\_ 3.5Kg b\_ 9 Kg c\_ 1.8 Kg d\_ 12 Kg e\_ 4 Kg

22. The total protein allowances during pregnancy:

 a\_0.8 b\_1.3 c\_ 0.5 d\_ 0.6 e\_ none

23. The treatment of eclampsia is:

 a\_ decrease protein b\_ physical exercise c. decrease salt d\_ none solution medical management

24. all of the following are the names of the same stage of pregnancy except :

 a\_ intrauterine b\_ Gestational c\_ perinatal d\_ prenatal

25. The iron supplement in pregnancy women start at:

 a. 4 month b\_ 6 month c\_5 month d\_8 month

26. one of the following is a not characteristic of fiber:

 a\_ Jejunum b\_ stomach c\_ Ileum d\_ large intestine

27. fat is digest in intestine by :

 a\_ salivary amylase b\_ bile c\_ a-amylase d\_ lipase e\_ b& d

28. one of the following should be taken in pregnancy :

 a\_ Na b\_ Mg c\_ Mn d\_ protein e\_ none

29.The requirement of zinc during the pregnancy:

 a\_ 2mg b\_ 12mg c\_1.3mg d\_4mg e\_3mg

30.The best diet in pancreatic in insufficient is :

 a\_ low sugar b\_ low protein c\_ low fat d\_ high protein

31. In female the second part of adolescence , all the following true except:

 a\_ good storage of nutrition b\_ high growth in width c\_ high growth in bony pelvis d\_ none

32. ponderal growth is growth of :

 a\_ length (bone) b\_ mass c\_ both d\_ none

33.one of the following will not increase the osmolarity:

 a\_ amino acid b\_ sugar c\_ salt

 d\_ monosacharride

1. in the NIDDM the percentage of simple suger from total diet(CHO) is :-

 c- 5%

1. fiber diet will be net prevent one of the following:-

a- colon cancer b- obesity c- gall bladder stone

d- diverticulr e- IDDM

1. the management of CHD by the following :

a- protein diet b- fiber diet c- s : p ratio

 d- plasma cholesterol e. saturated F.A f- C +E

1. low protein diet with high quality use in following except:

a- IEM b- infection c- renal failure d- cirrhosis e- none

1. one of the following statements is wrong about the % of fat

 a- 14% at birth b- 26% on 19 years old c- all of the about

 d- none of the above

1. the additional allowances of energy during lactation ;-

 a- 500 cal

1. the total protein allowance during pregnancy :-

 a- 0.8 b- 1.3 c- 0.5 d0.6

1. the treatment of eclampsia is :-

a- protein b- physical exercise c- salt diet d- none

1. all the following are the names of the same stage of pregnancy except:-

a- gestational b- parental

1. the iron supplement in pregnant woman start at :-

a- 4th month b- 6 c- 5 d- 8

1. osmolarity is determinted by :-

a- disaccharide b-electrolytes c- amino acid d- all

1. one of the following should be taken in pregnant ?

a- Mg b- mn d - protein c- none

1. one of the following is not characteristics of fiber :-

a- retention of water b- adsorbe bile acid

c- encarage bacteria growth d- limit bacteria growth

1. absorption of cholesterol is from :-

a- stomach b- jejunum c- ileum

1. fat is digested in intestine by :-

a- bile c- salivary amylase b- lipase d- a+ b

1. the requirement of zinc during the pregnancy :-

 a- 12mg

1. the best diet in pancreatic in sufficiency is:-

 a - low fat

1. in female the 2nd part of adolesanct , all the following are true except:

 a- good storage of nutrition b- growth in the width

1. ponderal growth is growth of ?

a- length b- mass

1. microcytic anemia is aresult of……….. deficiency

a- folic acid b- iron

1. high fiber diet is important to :-

a- relief constipation b- bacterial load c- colon cancer d- all

1. one of the following will not the osmolarty :-

 a- amino acid b- sugar c- salt d- mono sacharide

1. incase of galacto semia food should be:-

 c- galactose free

1. fully qualified person is :-

 a- adolescent d- adult with good nutritional habit.

1. the persantge of wt to Ht of female must be :-

 c- more than 25%

1. hospital house diet contain 13 mg of :-

 b-zn

1. vitamin A def complicated with :-

a- diarrhea b- lmplancy c- anemia

1. diet for NIDDM :-

a- no change of cho protein fat b- 30% fat c- contain no simple sugar

1. in CHD we use diet of :-

a- low protein b- low cholesterol c- low energe d- b+c

1. abnormal wt gain leads to ;-

a- post partum obesity b- child hood obesity c- a+b

1. iron absorption is affected by :-

a- lactoferrin

1. mother should provide infant outside supply after month of;-

a- vit D b-irone c- vit A d- A+B

1. deficancy of vit B12 + folate lead to ……… anemia .

a- microcytic b- macrocytic

1. the fat compartment in a 70 kg man about ;-

a- 10% b- 20%

1. which one of the following , protect anew baby from shivering

a- white adipose tissue (WAT) B- brown adipose tissue c-lean bady mass

1. daily intake of E.FA should be not GREATER than (5-10%) of total calories? A- 3% b- 33% c- 10%
2. which one of the following enzymes that responsible the starch digestion in small intestine ? a- amylaz

1-The primary role for the various amino acids circulating in plasma is their participation in the process of synthesizing the different body proteins. The process of protein making has a genetically determined capacity (ceiling). For utilizing the unused (circulating) amino acids, these undergo de-amination in liver (removal of the nitrogen group off the amino acid skeleton) which results in production of a carbon skeleton and a toxic waste material (which must be excreted by the kidneys). The 'carbon skeleton' is the carboxylic acid which is used in several reactions. Which of the following is NOT among these reactions?
<C>oxidation to produce ATP,
<C>gluco-neogenesis,
<C+>glycogen formation
<C>synthesis of fat for storage.
2-‘Osteomalacia’ is different from 'Osteoporosis', from the point of causation. Generally, both are not attributed to dietary factors. The condition of a person with osteoporosis would become worse if osteomalacia is also present. Both disorders cause bone minerals loss that causes bone-softening, resulting in pain and weakness. Which of the following features is applicable to osteomalacia?
<C>It describes vitamin D deficiency in newborns and in infants
<C>Men are more exposed to have the problem than women
<C>More commonly seen in women after menopause
<C+>Limited skin exposure to ultraviolet light is one main cause.
<C>Supplements of alpha- tocopherol may help recovery

3-The recommended contribution - of macronutrients - to total energy content of normal diet is: 10% protein, 30% fat, and 60% carbohydrates (CHO). Provision of fueling for tissues is a shared responsibility of specific compounds. Which of the following energy releasing compounds you wish to be reserved for its role in cell structure?
<C+>Linoleic acid and linolenic acid
<C>Oleic acid and stearic acid
<C>All amino acids after these undergo deamination
<C>Glucose and fructose
<C>Alcohol

4-The reference percentages of the chemical composition of the human body show that one component – category may be variable even after body growth reaches the end point. Which of the following categories may have its mass changing significantly at all age intervals:
<C>Proteins
<C>Minerals
<C+>Fat
<C>CHO & Others
<C>Water

5-Since 1999, several nutritional activities targeting the community have been run in Jordan, indicating governmental genuine concern in child’s right for a lively nutritional health. The launching of the ‘1999 - School Snack Service, (SSS)’ program for young school children in the less fortunate areas (which was part of a ‘Social Security Package’ run by the Ministry of Planning), was followed by a number of interventional programs. Which of the following was NOT of these programs?
<C>The distribution of the ‘multi-vitamin’ tablets to some of the school children in 2002.
<C>The first " Flour Fortification Program" in 2002, which focused on adding iron and folic acid.
<C+>The year 2003 - 2nd program of "Flour Fortification", with 5 micronutrients.
<C>Addition of vitamin D to the second "Flour Fortification Program" in the year 2010.

7-If your weight increased by 1.5 kg in the past month. Theoretically, what was the DAILY - average extra energy that you were eating which caused that you gain this much of weight?
<C>150 Cal.
<C>300 Cal.
<C+>450 Cal.
<C>600 Cal.
<C>750 Cal.
8-The plant-variety of complex carbohydrates which resist chemical digestion at the small intestines constitute the greatest proportion of the dietary fiber (Roughage), which is of importance to the function of the gastrointestinal tract (GIT). Which of the following is NOT among the features of dietary fibers?
<C>Can adsorb bacteria and steroidal compounds
<C>Include the NSPS
<C>Include Lignins
<C>Include hemicellulose
<C+>Can help in managing Diabetes type 1
9-If glucose concentration in the blood serum drops far below the lower level of normal fasting range, then Hypoglycemia may develop. Hyperglycemia develops if glucose in the blood gets elevated far above the higher level of normal. The minimum fasting serum glucose value for diagnosing diabetes is that above (..?) mg/dL.
<C>75
<C>100
<C+>125
<C>150
<C>200

10-All of the following statements are correct Except One. The exception is….. ?
<C>Both plant foods and animal foods supply iron
<C>Animal foods supply us with vitamin B12
<C+>Plant foods do not supply ascorbic acid
<C>Natural foods supply enough of the vitamins except for vitamin D
<C>Plant but not animal foods supply roughage

11-When you eat a food which containing 2 g protein , 8 g sugar, and 2 g fat, this will supply you with nearly (…..…?) calories.
<C>40
<C>50
<C+>60
<C>80
<C>90

12-Which of the following is NOT a true feature of the white adipose tissue?
<C>efficient in storing fat and keeping it
<C>it is metabolically less active than the muscles
<C+>efficient heat producer (linked to non-shivering thermogenesis)
<C>rich in water

12-The enzyme that hydrolyses (digests) starch in the intestinal lumen is :
<C+>lipase
<C>amylase
<C>trypsin
<C>lactase
<C>maltase.

13- Which type(s) of the following anemias may be treated by folate supplementation
<C+>macrocytic
<C>microcytic
<C>all anemias
<C>pernicious

14-From a nutritional perspective, the individual's life span can be roughly divided into several categories representing the consecutive age stages. Which of the following age categories for humans is characterized by the most rapid growth?
<C+>Infancy (1st year after birth) / infant
<C>Toddler years (years 2 and 3) / toddler
<C>Childhood (3-11 years)
<C>Adolescence (11-18 years)

15-A nutrient is an absorbable food component that is utilizable by the living tissues serving several vital purposes, including energy transformations and regulation of the structural and metabolic background of normal physiology. The primary roles of the micronutrients specifically focus on serving as……?:
<C>energy substrates for provision of biological energy for driving vital processes
<C>energy substrates but used for tissue building and maintenance
<C>regulators of physiology and metabolism only
<C+>regulators of physiology and metabolism and some may provide support for body skeleton