

20 Multiple choice questions

1. abnormally high blood glucose level
 - a. hyperglycaemia
 - b. hypoglycaemia
 - c. hypothalamus
 - d. hypertension

2. inadequate blood-glucose levels
 - a. lipoproteins
 - b. hyperglycaemia
 - c. hypothalamus
 - d. hypoglycaemia

3. the scientific study of food consumption and the use of nutrients in the body
 - a. malnutrition
 - b. nutrition
 - c. undernutrition
 - d. overnutrition

4. when the heart beats abnormally quickly
 - a. palpitations
 - b. nutrition
 - c. malnutrition
 - d. hypertension

5. lipoproteins that deposit cholesterol along the walls of blood vessels
 - a. systolic pressure
 - b. osteoporosis
 - c. low-density lipoproteins (LDLs)
 - d. lipoproteins

6. a condition that occurs when one or more nutrients are not present in the correct amounts in the diet
 - a. overnutrition
 - b. malnutrition
 - c. undernutrition
 - d. nutrition

7. a diabetic condition where the pancreas produces insufficient insulin, or the cells lack sensitivity to insulin; often associated with obesity and usually develops later in life
 - a. type 1 diabetes
 - b. type 2 diabetes
 - c. hypothalamus
 - d. hyperglycaemia

8. a small gland at the base of the brain that regulates hunger, thirst, sleep and the release of some hormones
 - a. hypoglycaemia
 - b. plaque
 - c. hypothalamus
 - d. hyperglycaemia

9. a condition which occurs when an individual's weight is greater than ideal for good health; usually defined as 10-20% above a healthy weight range
 - a. overnutrition
 - b. obese
 - c. nutrition
 - d. overweight

10. when an individual's weight is excessive, sufficient to cause significant health problems; usually defined as 20% above a healthy weight range
 - a. plaque
 - b. obese
 - c. osteoporosis
 - d. overweight

11. the blood pressure when the heart is pumping the blood
 - a. systolic pressure
 - b. hypoglycaemia
 - c. obese
 - d. insulin resistant

12. a diabetic condition where the pancreas produces no insulin; most commonly diagnosed during childhood or adolescence
 - a. hyperglycaemia
 - b. type 2 diabetes
 - c. type 1 diabetes
 - d. hypothalamus

13. molecules composed of both protein and lipid; they are responsible for carrying lipids through the bloodstream
 - a. nutrition
 - b. osteoporosis
 - c. lipoproteins
 - d. varicose veins

14. a condition in which the valves in the vein have difficulty in closing; the veins stretch and swell with blood
 - a. varicose veins
 - b. lipoproteins
 - c. overweight
 - d. osteoporosis

15. literally means 'porous bones'; this disease occurs when calcium is lost from bones, resulting in a weak bone structure
 - a. hypertension
 - b. osteoporosis
 - c. obese
 - d. lipoproteins

16. a condition which occurs when an individual's diet contains an excess of one or more nutrients
 - a. undernutrition
 - b. overnutrition
 - c. malnutrition
 - d. nutrition

17. high blood pressure
 - a. nutrition
 - b. hypertension
 - c. malnutrition
 - d. overnutrition

18. a deposit of undesirable substance; dental plaque is an insoluble substance secreted by bacteria onto teeth, which is used as a shield while causing tooth decay; arterial plaque is a fatty, fibrous deposit in the walls of blood vessels, which causes blood vessels to narrow and become blocked, preventing normal blood flow
 - a. obese
 - b. plaque
 - c. palpitations
 - d. hypothalamus

19. the condition in which body cells do not respond to insulin even though adequate amounts of insulin are present; may result in even higher levels of insulin being released, high blood glucose, and abnormal metabolism of body fuels
- insulin resistant
 - osteoporosis
 - nutrition
 - systolic pressure
20. a condition that occurs when an individual's diet is lacking in one or more nutrients
- undernutrition
 - malnutrition
 - overnutrition
 - nutrition