**PHS202 Exams & Answers**

**Q41 The essential amino acid in protien are necessary for \_\_\_\_\_**
 energy
**body building and repairment**
 protection
 all of the options

**Q42 The word protien means \_\_\_\_**
**To come first**
 to be important
 to come last
 to be useful

**Q43 Digestion of carbohydrate begins in the \_\_\_\_\_**
 small intestine
 large intestine
**mouth**
 stomach

**Q44 The following enzymes are found in the intestine except\_\_\_\_\_-**
** ptyalin**
 sucrase
 maltase
 Lactase

**Q45 Minerals and vitamins in our diet perform certain \_\_\_\_\_ function**
 growth
**regulatory**
 activity
 all of the options

**Q46 one of the major causes of childhood malnutrition in the developing countries is \_\_\_\_\_**
 Skin colour
 advertisement
**religion/culture**
 gender

**Q47 Which of the following options is not a factor that affects food choices**
 family influence
 advertisement
 religion
** skin colour**

**Q48 The end product of carbohydrate digestion is \_\_\_\_\_\_\_**
 fructose
 maltose
**glucose**
 Galactose

**Q49 Monosaccharides are examples of \_\_\_\_\_\_\_\_**
 complex carbohydrate
**simple carbohydrate**
 options A and B
 none of the options

**Q50 The type of carbohydrate that are easily digestible by humans and animals are \_\_\_\_\_**
**simple carbohydrate**
 complex carbohydrate
 polysaccharide
 all of the options

**Q51 A \_\_\_\_\_ person has good apetite**
 sick
**healthy**
 matured
 all of the options

**Q52 Which of these options is the body building material in foods ?**
 carbohydrate
**protien**
 vitamin
 fat/oil

**Q53 Which option is not an energy giving nutrient?\_\_\_\_\_\_-**
 carbohydrate
 fats/oil
**vitamin**
 none of the options

**Q54 The primary function of food is to supply \_\_\_\_\_**
 Vitamin
 minerals
** energy**
 none of the options

**Q55 The ways in which human beings use which includes selection, touch, smell and presentation is referred to as**
**food habits**
 food fad
 food processing
 food storage

**Q56 Food habit is also referred to as \_\_\_\_\_\_\_\_**
**food culture**
 food fad
 food processing
 all of the options

**Q57 Energy requirement is increased during all the following except\_\_\_**
 pregnancy
**oldage**
 infancy
 lactation

**Q58 One grain of carbohydrate will supply \_\_\_\_\_\_ to the body**
 3 kilocalorie
 7 kilocalorie
 5 kilocalorie
**4 kilocalorie**

**Q59 \_\_\_\_\_\_\_ is popularly referred to as milk sugar**
 Glucose
 fructose
**Lactose**
 Galactose

**Q60 \_\_\_\_\_ spares protien of being used as a source of energy**
 fat/oil
** carbohydrate**
 vitamin
 minerals