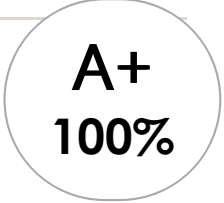


## 20 Multiple choice questions



**A+**  
**100%**

1. abnormally high blood glucose level
  - a. **CORRECT: hyperglycaemia**
  - b. hypoglycaemia
  - c. hypothalamus
  - d. hypertension
  
2. inadequate blood-glucose levels
  - a. lipoproteins
  - b. hyperglycaemia
  - c. hypothalamus
  - d. **CORRECT: hypoglycaemia**
  
3. the scientific study of food consumption and the use of nutrients in the body
  - a. malnutrition
  - b. **CORRECT: nutrition**
  - c. undernutrition
  - d. overnutrition
  
4. when the heart beats abnormally quickly
  - a. **CORRECT: palpitations**
  - b. nutrition
  - c. malnutrition
  - d. hypertension
  
5. lipoproteins that deposit cholesterol along the walls of blood vessels
  - a. systolic pressure
  - b. osteoporosis
  - c. **CORRECT: 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. **CORRECT: 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. **CORRECT: 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. **CORRECT: 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. **CORRECT: 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. **CORRECT: obese**
  - c. osteoporosis
  - d. overweight

11. the blood pressure when the heart is pumping the blood
  - a. **CORRECT: 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. **CORRECT: 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. **CORRECT: 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. **CORRECT: 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. **CORRECT: osteoporosis**
  - c. obese
  - d. lipoproteins

16. a condition which occurs when an individual's diet contains an excess of one or more nutrients
- undernutrition
  - CORRECT: overnutrition**
  - malnutrition
  - nutrition
17. high blood pressure
- nutrition
  - CORRECT: hypertension**
  - malnutrition
  - 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
- obese
  - CORRECT: plaque**
  - palpitations
  - 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
- CORRECT: insulin resistant**
  - osteoporosis
  - nutrition
  - systolic pressure
20. a condition that occurs when an individual's diet is lacking in one or more nutrients
- CORRECT: undernutrition**
  - malnutrition
  - overnutrition
  - nutrition