

21 Multiple choice questions

1. fractures that occur when the bones lose the ability to support the weight of the body as a result of weakened bone structures
 - a. angina pectoris
 - b. colon cancer
 - c. crush fractures
 - d. constipation

2. a condition of obesity where the excess adipose tissue is predominantly distributed around the abdomen; this is associated with a higher risk of health problems as fat tends to be deposited around the organs
 - a. dentine
 - b. dental caries
 - c. central obesity
 - d. anaemia

3. a disease of the colon where small pockets develop in the bowel wall due to high pressure (for example, when fibre intake is inadequate)
 - a. diverticulitis
 - b. dental caries
 - c. diabetes
 - d. dentine

4. a psychological disorder characterised by self-induced starvation and life-threatening weight loss
 - a. anaemia
 - b. bulimia nervosa
 - c. anorexia nervosa
 - d. atherosclerosis

5. tooth decay
 - a. central obesity
 - b. dental caries
 - c. dentine
 - d. defaecation

6. lipoproteins that bind to cholesterol and help to remove them from the body, reducing deposition in the blood vessels
 - a. diastolic pressure
 - b. high-density lipoproteins (HDLs)
 - c. dental caries
 - d. diverticulitis

7. a condition in which the body is unable to control the level of glucose in the blood
 - a. dentine
 - b. anaemia
 - c. diabetes
 - d. faeces

8. the process of expelling faeces
 - a. defaecation
 - b. dental caries
 - c. constipation
 - d. dentine

9. an index of foods given a GI value according to their effect on the blood glucose level; high GI foods release a large amount of glucose quickly, causing a large fluctuation in the blood glucose level; low GI foods have a slower release, causing less disturbance
 - a. angina pectoris
 - b. glycaemic index (GI)
 - c. anorexia nervosa
 - d. bulimia nervosa

10. cancer of the lining of the colon
 - a. colon cancer
 - b. dental caries
 - c. faeces
 - d. constipation

11. a diet related deficiency disorder resulting either from a diet that is low in iron, or from iron loss (for example, due to blood loss or heavy menstruation)
 - a. diabetes
 - b. faeces
 - c. dentine
 - d. anaemia

12. the body tissue that contains fat; it consists of connective tissue filled with large numbers of fat cells; if the body gains or loses fat, the number of fat cells stays the same, but the amount of fat in each cell changes
 - a. adipose tissue
 - b. dentine
 - c. haemorrhoids
 - d. diabetes

13. protruding varicose-like veins in the anus that can result from constipation
 - a. faeces
 - b. anaemia
 - c. dentine
 - d. haemorrhoids

14. pain in the centre of the chest, occurring during physical activity and ceasing at rest; caused by the narrowing of coronary arteries, which prevent the heart receiving enough blood when exercise increases demand
 - a. anaemia
 - b. diabetes
 - c. angina pectoris
 - d. bulimia nervosa

15. the hard body tissue that forms the main body of the tooth, through which run the nerves and blood vessels of the tooth
 - a. diabetes
 - b. dentine
 - c. faeces
 - d. anaemia

16. a psychological disorder characterised by binge eating; self-induced vomiting, laxative misuse or extreme exercising are often used to compensate for the foods eaten during the binge eating episode
 - a. angina pectoris
 - b. bulimia nervosa
 - c. anorexia nervosa
 - d. hiatus hernia

17. a condition that results from the deposition of fats and fibrous materials along the walls of blood vessels
 - a. diverticulitis
 - b. angina pectoris
 - c. adipose tissue
 - d. atherosclerosis

18. the wastes of digestion that are excreted via the anus
 - a. diabetes
 - b. dentine
 - c. faeces
 - d. anaemia

19. a condition that occurs when part of the stomach is forced up through the small space in the diaphragm where the oesophagus passes through
 - a. anaemia
 - b. hiatus hernia
 - c. diabetes
 - d. dental caries

20. the condition in which the faeces are hard, dry and difficult to pass
 - a. defaecation
 - b. colon cancer
 - c. dentine
 - d. constipation

21. the blood pressure when the heart is at rest between pumps
 - a. diastolic pressure
 - b. adipose tissue
 - c. dental caries
 - d. diverticulitis