20 Multiple choice questions

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 that 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
   a. undernutrition
   b. **CORRECT:** overnutrition
   c. malnutrition
   d. nutrition

17. high blood pressure
   a. nutrition
   b. **CORRECT:** 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. **CORRECT:** 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
   a. **CORRECT:** insulin resistant
   b. osteoporosis
   c. nutrition
   d. systolic pressure

20. a condition that occurs when an individual's diet is lacking in one or more nutrients
   a. **CORRECT:** undernutrition
   b. malnutrition
   c. overnutrition
   d. nutrition