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. CORRECT: 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. CORRECT: 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. CORRECT: 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. CORRECT: anorexia nervosa
   d. atherosclerosis

5. tooth decay
   a. central obesity
   b. CORRECT: 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. **CORRECT:** 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. **CORRECT:** diabetes
   d. faeces

8. the process of expelling faeces
   a. **CORRECT:** 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. **CORRECT:** glycaemic index (GI)
   c. anorexia nervosa
   d. bulimia nervosa

10. cancer of the lining of the colon
    a. **CORRECT:** 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. **CORRECT:** 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. **CORRECT:** 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. **CORRECT:** 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. **CORRECT:** 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. **CORRECT:** 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. **CORRECT:** 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. **CORRECT:** atherosclerosis

18. the wastes of digestion that are excreted via the anus
   a. diabetes
   b. dentine
   c. **CORRECT:** 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. **CORRECT:** 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. **CORRECT:** constipation
21. the blood pressure when the heart is at rest between pumps
   a. **CORRECT**: diastolic pressure
   b. adipose tissue
   c. dental caries
   d. diverticulitis