20 Multiple choice questions

1. abnormally high blood glucose level
   a. hyperglycaemia
   b. hypoglycaemia
   c. hypothalamus
   d. hypertension

2. inadequate blood-glucose levels
   a. lipoproteins
   b. hyperglycaemia
   c. hypothalamus
   d. hypoglycaemia

3. the scientific study of food consumption and the use of nutrients in the body
   a. malnutrition
   b. nutrition
   c. undernutrition
   d. overnutrition

4. when the heart beats abnormally quickly
   a. palpitations
   b. nutrition
   c. malnutrition
   d. hypertension

5. lipoproteins that deposit cholesterol along the walls of blood vessels
   a. systolic pressure
   b. osteoporosis
   c. 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. 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. 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. 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. 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. obese
    c. osteoporosis
    d. overweight

11. the blood pressure when the heart is pumping the blood
    a. 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. 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. 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. 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. 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. overnutrition
   c. malnutrition
   d. nutrition

17. high blood pressure
   a. nutrition
   b. 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. 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. 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. undernutrition
   b. malnutrition
   c. overnutrition
   d. nutrition