

Sample Final Exam Questions FNH 250

MULTIPLE CHOICE

1. Bobbi expends 1800 kcalories per day. Which of the following amounts will be the closest approximate energy expenditure from basal metabolism?
 - a) 900 – 1000 kcal
 - b) 1000 – 1100 kcal
 - c) 1100 – 1250 kcal
 - d) 1200 – 1350 kcal
 - e) 1300 – 1450 kcal
2. Which one of the following minerals is associated with higher blood pressure?
 - a) potassium
 - b) zinc
 - c) sodium
 - d) chromium
 - e) phosphorus
3. Functions of vitamin A include:
 - a) immune function
 - b) maintenance of epithelial cells
 - c) proper vision
 - d) b and c
 - e) a, b and c
4. Which of the following activities are shared by vitamin B-12 and folate?
 - a) both are efficiently recycled in the body
 - b) both are considered problem nutrients for vegans
 - c) both are found in significant quantities in green leafy vegetables
 - d) both are required for nucleic acid synthesis
 - e) both remain in body stores for long periods of time
5. The iron in spinach is in the form of:
 - a) hemoglobin
 - b) myoglobin
 - c) non-heme iron
 - d) heme iron
 - e) organic iron

6. The activity of osteoclasts is stimulated by:

- a) calcitonin
- b) parathyroid hormone
- c) calcitriol
- d) choline
- e) calmodulin

FILL IN THE BLANKS

1. _____ is the nutrient that acts as both a hormone and a vitamin in the body.
2. Two fat-soluble vitamin antioxidants are _____ and _____.
3. Three nutrients mainly responsible for increasing urine volume are _____, _____, and _____.
4. The food group in *Eating Well with Canada's Food Guide* that supplies the most riboflavin in the diet is _____.
5. _____ is the protein storage form of iron in muscle cells.
6. The deficiency disease _____ is associated with too little niacin in the body.

SHORT ANSWER

1. Choose 2 vitamins from: vitamin B-6, vitamin E and vitamin C. Define the functions of your 2 chosen vitamins, the potential for deficiency of each vitamin and two rich food sources for each vitamin.
2. Middle-aged women (45-60 years old) in a social club at the local community centre often invite guest speakers who are experts in a topic of interest to the group (e.g. legal issues, interior design, fitness programs). They have asked you to come and talk about nutrition. You are to set the agenda, ensuring that the topics are relevant to the group. You have enough time to discuss 3 topics. What topics would you choose? Clearly explain *why* you would choose these 3 topics for this audience. Provide a brief outline of your presentation for each topic. What is the main nutritional message for *each* topic that you would like the women to take home?