

Assessment

Total Marks 30

Q.1. Multiple Choice Questions (05)

- i. Dairy products provide sufficient amounts of:
 - a) calcium and vitamin K
 - b) calcium and vitamin D
 - c) all essential amino acids
- ii. Diabetes is caused when the pancreas cannot make sufficient amounts of:
 - a) glucose
 - b) sugar
 - c) insulin
- iii. The liver is the main organ for:
 - a) digestion
 - b) blood circulation
 - c) detoxification
- iv. Our skin's acid mantle performs an important function as part of our:
 - a) blood circulatory system
 - b) nervous system
 - c) immune system
- v. The health of the skin reflects:
 - a) age
 - b) overall health
 - c) skin colour
- vi. The incomplete molecules which lack an electron are called:
 - a) free radicals
 - b) chemical compounds
 - c) the nucleus

- vii. Free radicals are usually the byproduct of our:
- a) digestive system
 - b) metabolism
 - c) blood circulatory system
- viii. The damage that free radicals do is called:
- a) stress
 - b) oxidative stress
 - c) free radical system
- ix. Elderly people usually have lower energy expenditure and:
- a) higher metabolic rates
 - b) slower metabolic rates
 - c) normal metabolic rates
- x. Free radicals are usually the byproduct of our:
- a) digestive system
 - b) metabolism
 - c) blood circulatory system

Q.2. Short Questions:

(25)

All Questions Carry Equal Marks.

- i. How can constipation be prevented?
- ii. Do elderly people need to do physical activity? If so, for how long?
- iii. What are phytochemicals and what is their function in the body?
- iv. 'Sugar and refined food can cause problems'. Discuss.
- v. What are free radicals? How do they affect our skin?