

Assessment 9

Total Marks 30

Q.1. Multiple Choice Questions: (05)

- i. Cardiovascular disease is caused by a buildup of:
 - a) swollen arteries
 - b) infection in arteries
 - c) fatty streaks and cholesterol in blood vessels
- ii. How many types of cholesterol are found in blood stream?
 - a) Two
 - b) Three
 - c) Four
- iii. The high density lipoprotein or (HDL) is referred to as:
 - a) the bad cholesterol
 - b) the useful cholesterol
 - c) the good cholesterol
- iv. Which type of fat should be avoided in order to reduce the risk of CVD?
 - a) Trans-fat
 - b) Monounsaturated fat
 - c) Omega-3 fats
- v. Trans-fatty acids are a particular kind of fat naturally occurring in:
 - a) eggs and cheese
 - b) vegetable oils
 - c) meat and dairy product
- vi. The most important risk factor for the lung cancer is smoking, which is thought to be responsible for about:
 - a) 40% cancer deaths

- b) 30% cancer deaths
 - c) 20% cancer deaths
- vii. Type 2 diabetes develops:
 - a) after the age of 40
 - b) after the age of 60
 - c) slowly
- viii. Glycemic load is calculated using which of the following formulas?
 - a) $GL = GI \times \text{Net carbohydrates}$
 - b) $GL = GI \times \text{net carbs}$
 - c) $GL = GI \times \text{Net Carbohydrates}$
 - d) $GL = GI \times \text{Net carbs}/100$
- ix. 10 % of all cancer deaths among non-smokers are related to:
 - a) diabetes
 - b) obesity
 - c) heart failure
- x. Calcium requirement for 7-10 year old is;
 - a) 350 mg a day
 - b) 450 mg a day
 - c) 550 mg a day

Q.2. Short Questions: (18)

- i. Describe the risk factors for cardiovascular disease or CVD.
- ii. What is cancer?
- iii. What is the link between glucose and insulin?
- iv. Why is glycaemic index important?
- v. What is osteoporosis? What causes this disease?
- vi. What are the two types of diabetes?

Case Study

(7)

Ben, aged 62, has recently been diagnosed with type 2 diabetes. He complains of extreme fatigue. He fell asleep while driving and was so worried for his situation that he consulted the doctor. The doctor recommended that he should reduce his weight. Ben has therefore decreased his fat intake a lot and eats lots of grains, refined carbohydrates and some protein. Two weeks later his problems are still there. He still feels fatigued and lethargic most of the time. He visits a dietitian. Through testing, it is discovered that Ben is gluten intolerant.

- i. Which of the followings do you think is the right dietary advice for Ben?
 - a) Ben should stop eating grains altogether and should use vegetables as his sources of carbohydrates.
 - b) Ben should eat lots of grains as these are good for diabetics.
 - c) He should eat all the foods with low GI.
- ii. Do you think that Ben should be advised to replace all his refined foods with whole foods?
 - a) Yes
 - b) No
- iii. How can Ben be advised on his fat intake?
 - a) He should include healthy fats in his diet.
 - b) He should stop taking any fats in his diet at all.
 - c) He should continue his present fat intake.