

# Question of 2<sup>nd</sup> Quiz in Biochemistry

## PART I\ One Best Response

- 1- The main CHO in the diet is :
  - a. Glucose
  - b. Fructose
  - c. Starch ✓
- 2- The only undigestible CHO is :
  - a. glucose
  - b. Sucrose
  - c. Cellulose ✓
- 3- Negative nitrogen balance occurs in :
  - a. Trauma ✓
  - b. Pregnancy
  - c. Emaciating illness
- 4- Pellagra is due to deficiency of :
  - a. Folic acid
  - b. Niacin ✓
  - c. Vit. B12
- 5- to convert homocystein to methionine we need :
  - a. Pyridoxal phosphate
  - b. Methylcobalamin ✓
  - c. Methyltetrahydrofolate
- 6- Vit.B12 “all true EXCEPT” :
  - a. Pernicious anemia can be caused by deficiency of I.F
  - b. Neurological symptoms can be treated by folic acid
- 7- Pyrodoxin (Vit. B<sub>6</sub>) is involved in all the following reactions EXCEPT :
  - a. Transamination of a.a
  - b. Condensation of a.a
  - c. In carboxylase enzyme ✓
  - d. In deaminase a.a

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**8- Adequate intake (AI):**

- a. It is the average dietary nutrient intake sufficient to meet nutritional requirement of 50%
- b. It is the average dietary nutrient intake sufficient to meet nutritional requirement of 98%
- c. It sufficient scientific evidence is not available to calculate EAR of RDA ✓
- d. The dietary intake of pregnant women

**9- Regarding to energy:**

- a. Resting metabolic rate ( RMR ) is 50%
- b. Physical activity is less than 80%
- c. CHO level intake for adult must be 45-65% ✓
- d. RMR has greatest variety( I think?! ) different

**10- Fatty acid:**

- a. Palm oil decreases level of LDL
- b. Olive oil increases level of LDL
- c. Linoleic lowers both LDL, HDL ✓

## **PART II\ True & False**

- |    |  |   |
|----|--|---|
| 1- | Soybean has low biologic value   | F |
| 2- | Deficiency of vit. C lead to iron deficiency anemia                    | T |
| 3- | Thiamine deficiency in infants is characterized by CNS & CVS disorders | T |
| 4- | 1g of CHO equal twice energy in 1g of protein                          | F |

شكر لـ A.B

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... ولا تنسونا من دعائكم ...

أبو عمر

Dr.ytk@w.cn

