

Unit 11 Solution Paper

1. Retinopathy is a complication of which disease?
 - a) Hypertension
 - b) Type 1 diabetes
 - c) **Type 2 diabetes**
 - d) Gestational diabetes

2. What is the BMI cut-off for overweight?
 - a) 28.9
 - b) 29
 - c) **29.9**
 - d) 30

3. A person with a BMI _____ is classed as obese.
 - a) between 25-29.9
 - b) between 30-34.5
 - c) **above 30**
 - d) above 24

4. If a person is overweight or obese, they are at risk of developing
 - a) diabetes
 - b) heart disease
 - c) cancer
 - d) **All of the above**

5. Someone who is overweight or obese should be advised to
 - a) suddenly reduce the calories consumed
 - b) not change their physical activity levels
 - c) decrease their physical activity levels
 - d) **gradually reduce the number of calories consumed**



Unit 11 Solution Paper

6. What is the term used to describe when there is too much glucose in the blood?

- a) Hypoglycaemia
- b) Hypertension
- c) **Hyperglycaemia**
- d) Type 1 diabetes

7. Which term refers to when the body cannot produce enough insulin?

- a) Type 1 diabetes
- b) Type 2 diabetes
- c) Gestational diabetes
- d) **All of the above**

8. What disease is associated with hyperglycaemia?

- a) Type 1 diabetes
- b) Type 2 diabetes
- c) Gestational diabetes
- d) **All of the above**



9. What is insulin?

- a) is a chronic condition
- b) **a hormone**
- c) too much glucose in the blood
- d) a type of sugar

10. _____ is a hormone produced by the pancreas.

- a) Sodium
- b) Ulcer
- c) Glucose
- d) **Insulin**

Unit 11 Solution Paper

11. What does insulin do?

- a) control the amount of glucose in the blood
- b) helps the cells in the body to take in the glucose
- c) lowers the level of glucose in the blood
- d) **all of the above**

12. How many types of diabetes are there?

- a) 2 types
- b) **3 types**
- c) 5 types
- d) there are many

13. Which of the following is a risk factor of developing diabetes?

- a) Being overweight or obese
- b) Not doing enough physical activity
- c) Family history of diabetes
- d) **All of the above**

14. Which type of patients require a texture modified diet?

- a) people who have problems with swallowing food
- b) people who do not have teeth to properly chew food
- c) People whose brain does not register when food reaches swallow reflex
- d) **All of the above**

15. Which medical condition requires a texture modified diet?

- a) Hyperglycaemia
- b) Type 2 diabetes
- c) **dysphagia**
- d) intolerance

Unit 11 Solution Paper

16. Which of the following is not true about Type 1 diabetes?
- a) Occurs when the body cannot produce enough insulin
 - b) Occurs when the body's immune system destroys insulin-producing cells
 - c) **Commonly diagnosed in adulthood**
 - d) Cannot be prevented and is not caused by lifestyle factors
17. _____ happens as the pancreas is not able to produce enough insulin to meet the extra demands during pregnancy.
- a) Type 1 diabetes
 - b) Type 2 diabetes
 - c) **Gestational diabetes**
 - d) Pregnancy diabetes
18. What is the energy balance equation?
- a) **Energy Balance = Energy Input - Energy Output**
 - b) Energy Balance = Energy Output - Energy Input
 - c) Energy Balance = Energy Output + Energy Input
 - d) Energy Balance = Energy Input + Energy Output
19. Which of the following is not true about Gestational diabetes?
- a) Normally goes away after the baby is born
 - b) **Increases the mother's risk for type 1 diabetes within 3-6 years of giving birth**
 - c) There is a higher risk of complications during pregnancy and delivery
 - d) Levels of glucose in the blood increase, causing hyperglycaemia
 - e) The risk factors for gestational diabetes are similar to type 1 and type 2 diabetes
20. In the energy balance equation, where does our energy input come from?
- a) Basal metabolic rate (BMR)
 - b) Thermal effect of food
 - c) **Eating and drinking**
 - d) All of the above

Unit 11 Solution Paper

21. _____ is where one or more nutrients are added or removed from the diet.

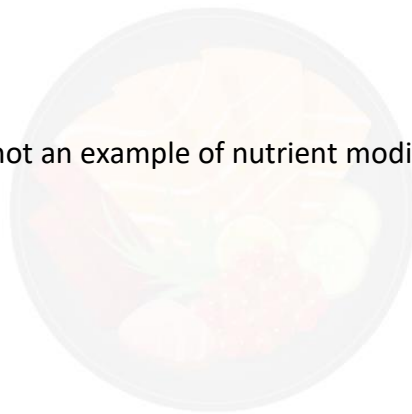
- a) Food allergy modification
- b) Tube feeding
- c) Texture modified diet
- d) **Nutrient modified diet**

22. Which of the following is an example of nutrient modification?

- a) Minced diet
- b) Puree diet
- c) Moist diet
- d) **Renal diet**

23. Which of the following is not an example of nutrient modification?

- a) **Soft food**
- b) Low-fat diet
- c) High fibre diet
- d) Renal diet



24. Which of the following is a symptom of diabetes?

- a) **blurred vision**
- b) retinopathy
- c) sudden weight loss
- d) bedwetting

25. Which of the following is not a sign or symptom of diabetes?

- a) fatigue
- b) lack of energy
- c) constant hunger
- d) **infrequent urination**

Unit 11 Solution Paper

26. Which type of diabetes is mainly caused by having an unhealthy lifestyle?

- a) Type 1 diabetes
- b) Type 2 diabetes**
- c) Gestational diabetes
- d) Hyperglycaemia

27. How are the signs and symptoms of type 1 diabetes compared to type 2?

- a) They are the same
- b) They are completely different
- c) They are the similar and experienced more than someone with type 2**
- d) They are the similar and experienced less than someone with type 2

28. People who have a BMI above 30 (obese) are _____ more likely to develop type 2 diabetes than people with a BMI of 22 (normal weight).

- a) 2 times
- b) 10 times
- c) 25 times
- d) 80 times**

29. Which of the following does not describe type 2 diabetes?

- a) The body cannot produce enough insulin
- b) The body cannot receive enough glucose
- c) The body cannot properly use the insulin from glucose**
- d) Levels of glucose in the blood increase

30. What is insulin resistance?

- a) The body cannot produce enough glucose
- b) Levels of glucose in the blood increase
- c) The body is less sensitive to the insulin it produces**
- d) Abdominal fat cells release chemicals

Unit 11 Solution Paper

31. Complications of type 2 diabetes include: (Select all that apply)

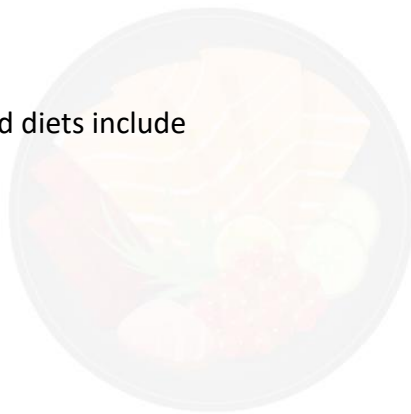
- a) **Retinopathy**
- b) fatigue
- c) sudden weight loss
- d) **formation of an ulcer in a lower limb**

32. Which of the following is not an energy output?

- a) breathing and blood circulation
- b) walking upstairs
- c) **calories consume**
- d) sleeping
- e) chewing food

33. Common nutrient modified diets include

- a) Low sugar diet
- b) Low sodium (salt) diet
- c) Low-fat diet
- d) High fibre diet
- e) Renal diet
- f) **All of the above**



34. Which of the following statements is true?

- a) Type 1 diabetes can be prevented
- b) Type 2 diabetes cannot be prevented
- c) Abdominal fat increases the main risk factor of developing Type 1 diabetes
- d) **Exposure to certain viruses can cause Type 1 diabetes**

35. The body's immune system destroys the cells in the pancreas that produce insulin in which type of diabetes?

- a) **Type 1**
- b) Type 2
- c) Gestational diabetes
- d) All of the above

Unit 11 Solution Paper

36. The body cannot properly use the insulin that is produced in which type of diabetes?

- a) Type 1
- b) Type 2**
- c) Gestational diabetes
- d) All of the above

37. The cells in the pancreas that create insulin become overworked in which type of diabetes?

- a) Type 1
- b) Type 2**
- c) Gestational diabetes
- d) All of the above

38. The pancreas is not able to produce enough insulin to meet the extra demands during pregnancy in which type of diabetes?

- a) Type 1
- b) Type 2
- c) Gestational diabetes**
- d) All of the above

39. Which of the following is/are mainly caused by genetic factors and cannot be prevented?

- a) Type 1
- b) Type 2
- c) Type 1 & Gestational diabetes**
- d) Type 2 & Gestational diabetes

40. Which of the following is a cause of type 2 diabetes?

- a) High blood pressure
- b) Smoking
- c) Age
- d) Stress
- e) Medicine
- f) All of the above**