Unit 11 Revision 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

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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

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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

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

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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

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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

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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

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