HEALTH SCIENCES

GRADE 12

(Advanced -General)

Unit 9 -Unit 10 -Unit 11

GENERAL REVISION

TEACHER: ISRAA ALDABBAGH

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Choose the correct

UNIT 9

1- Pharmacy is the clinical science that combines ……..,…….. and ……:
   a- Medical science, chemistry ,physics
   b- Medical science, chemistry ,biology
   c- Medical science ,biology , physics
   d- Biology ,chemistry ,physics
2- Pharmacies nowadays use a symbol of bowel and snake ,this symbol came from:
   a- Ancient Egypt
   b- Asclepius and Hygeia
   c- Ancient India
   d- Ancient China
3- In ancient ……small separation between pharmacy and medicine happen :
   a- Ancient Egypt
   b- Ancient Greek
   c- Ancient India
   d- Ancient China
4- A plant or a part of plant that is used to make medicines :
   a- Herbs
   b- Solution
   c- Excipient
   d- Catalyst
5- The separation between pharmacy and medicine happened during :
   a- Ancient Egypt
   b- Islamic Golden age
   c- Ancient India
   d- Ancient China
6- …….. the part of biology that studies everything about plants is :
   a- Pharmacy
   b- Medicine
   c- Botany
   d- Genetics
7- …… Was a Muslim doctor ,scientist and philosopher ,his knowledge helped in the development of pharmacy and separation from medicine
   a- Al Razi
   b- Ibn al -Nafis
   c- Ibn – al Haitham
8- Pharmacist who work in pharmacy is :
   a- Community pharmacist
   b- Clinical pharmacist
   c- Home care pharmacist
   d- Research pharmacist
9- Pharmacist who develop new drugs is :
   a- Community pharmacist
   b- Clinical pharmacist

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c- Home care pharmacist
e- Research pharmacist

10- Pharmacist who work in hospitals with doctors and nurses :
a- Community pharmacist
b- Clinical pharmacist
c- Home care pharmacist
d- Research pharmacist

11- Pharmacist who are responsible for preparing and sending medication to people who are at home as they are very sick or old are :
a- Community pharmacist
b- Clinical pharmacist
c- Home care pharmacist
e- Research pharmacist

12- Hospital pharmacists Can specialise in different areas ,such as :
a- Oncology
b- Geriatric
c- Pediatric
d- All of the above

13- What is the name given to the healthcare professional specialised in preparing, storing and providing medicine?
a- Pharmacy
b- Pharmacology
c- Pharmacist
e- Physician

14- What is the meaning of the prefix 'pharma-' in the word 'pharmacology'?
a- The study of
b- The use of
c- Diagnosing
f- Drugs

15- Which principal of pharmacology is the study of what the drug does to the body?
a- Pharmacokinetics
b- Pharmacodynamics
c- Excipients
e- Absorption

16- ……is the study of what the body does to the drug :
a- Pharmacokinetics
b- Pharmacodynamics
c- Botany
d- Genetics

17- ……..is the study of what the drug does to the body :
a- Pharmacokinetics
b- Pharmacodynamics
c- Botany
e- Genetics

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18- How the medicine gets into the body is :
   a- Absorption
   b- Distribution
   c- Metabolism
   d- Excretion
19- Where the medicine goes in the body is :
   a- Absorption
   b- Distribution
   c- Metabolism
   e- Excretion
20- What the body does to the medicine is :
   a- Absorption
   b- Distribution
   c- Metabolism
   e- Excretion
21- How the body gets rid of the medicines is:
   a- Absorption
   b- Distribution
   c- Metabolism
   e- Excretion
22- When a drug connects to a receptor and produces a maximum effect this level of response called :
   a- Full agonist
   b- Partial agonist
   c- Antagonist
23- When a drug connects to a receptor ,but there is no effect ,this level of response called
   a- Full agonist
   b- Partial agonist
   c- Antagonist
24- When a drug connects to a receptor and produces less than a maximum effect this level of response called :
   a- Full agonist
   b- Partial agonist
   c- Antagonist
25- …… are chemical substances that are not used directly as a treatment :
   a- Drugs
   b- Medicines
   c- Excipients
26- ……. Are used directly as a treatment :
   a- Drugs
   b- Medicines
   d- Excipients
27- …… are used to formulating ,protecting and supporting a medicines :
   a- Drugs

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b- Medicines
d- Excipients

28- What type of drug is used to treat allergies and reactions to stings?
a- Painkiller
b- NSAID
c- Antihistamine
e- Antibiotic

29- Which drug group does paracetamol belong to?
A- Painkillers
B - NSAIDs
c- Antihistamines
e- Antibiotics

30- ……. Are usually very long and often too difficult to remember or pronounce:
a- Generic name
b- Chemical name
c- Brand name

31- …….which is the drug will be commonly known as :
a- Generic name
b- Chemical name
d- Brand name

32- What is the generic name of Panadol ?
a- Skelaxin
b- Lopressor
c- Glucotrol
d- Paracetamol

33- …….. Is the name developed by the company who create the drug :
a- Generic name
b- Chemical name
d- Brand name

34- Paracetamol used to treat all the following conditions except :
a- Fever
b- Cold
c- Swelling
d- Muscles aches

35- Blocking histamine receptors can cause the patient to feel :
a- Tired and drowsy
b- Awake
c- Alert
d- Very active

36- …….. is chemical that is released when the body detects something harmful :
a- Histamine
b- Antihistamine
c- NSAIDs

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d- Painkiller

37- Which route of drug administration involves applying a cream or a gel directly on the area that needs to be treated, for example on the skin?

a- Sublingual

b- Buccal

c- Topical

e- Oral

38- Injections are the most common _____ route of drug administration.

(A) parenteral

(B) oral

(C) topical

(D) buccal

39- Which of the following is an antibiotic?

(A) Panadol

(B) Paracetamol

(C) Metformin

(D) Penicillin

40-Medicines that destroy or slow the growth of disease-causing bacteria are called _____.

(A) antihistamines

(B) paracetamol

(C) antibiotics

(D) anti-inflammatories

41- one of the advantages of the oral route is :

A- The unpredictable absorption of the drug

B- Slow absorption

C- There are slow release form available

D- Uncomfortable to the patient

42- the route of administration that take time 30-60 seconds to show the effect is :

a- Oral

b- Intravenous

c- Intramuscular

d- Sublingual

43- when the drug is placed under the tongue this route called :

a- Sublingual

b- Buccal

c- Parenteral

d- Topical

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44- when the drug is placed between the gum and cheek this route called :

a- Sublingual

b- Buccal

c- Parenteral

d-Topical

45- one of the disadvantages of the buccal and sublingual is :

a- It can be uncomfortable for the patient
b- A patient can accidentally swallow the drug
c- Eating or drinking can affects the rate of absorption and the effect of the drug
d- All of the above

46- ……. The drug is injected into layers of the skin e.g. . vaccines :

a- Intradermal
b- Intravenous
c- Subcutaneous
d- Intramuscular

47- …….. the drug is injected into the blood stream through a vein :

a- Intradermal

b- Intravenous

c- Subcutaneous

d- Intramuscular

48-……the drug is injected into the fat layer under the skin :

a- Intradermal

b- Intravenous

c- Subcutaneous

d- Intramuscular

49--……..the drug is injected into the muscles :

a- Intradermal

b- Intravenous

c- Subcutaneous

d- Intramuscular

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50- oral medications include all of the following except :

a- Capsules
b- Small tablets
c- Liquids
d- Pastilles

51- the importance of completing the whole course of antibiotic is to :

a- Reduce the risk of antibiotic resistance.
b- Increase the risk of antibiotic resistance.
c- Give the time to bacteria to make mutations

52- one of the following side effects is less common : Antibiotic

a- Nausea
b- Kidney stone
c- Rash
d- Vomiting

53- the abbreviation tsp means :

a- Kilogram
b- Teaspoon
c- Microgram
d- Gram

54- the abbreviation prn means :

a- Before meals
b- Twice a day
c- As needed
d- After meals

55- the abbreviation SL means:

a- sublingual
b- topical
c- subcutaneous
d- intramuscular

56- What abbreviation is used to identify the intravenous route of drug

administration?

a- IV

b- IM

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c- EV

d- IS

57- In pharmacy, the abbreviation Rx means _____.

a- before meals

b- twice a day

c- by mouth

d- prescription

58- Jasim experienced slight stomach cramps and nausea after taking antibiotics.

What name is given to this effect after taking medication?

a- Causing effects

b- Side effects

c- Indigestion

d- Antibiotic resistance

59- Which of the following is a safe way to store medication?

a- Keep medicines in places that are easy to reach by children

b- Throw away any extra information leaflets that come in the medicine packet

c- Close medicine caps loosely, or leave them open if possible

d- Check the best before dates on medicine

Answer the following questions :

1- Calculate the IV rate based on the following formula.
Total IV Volume ÷ Time (hours) = ml administered per hour
90ml of fluid to be administered over a period of 3 hours. How much fluid should be administered per hour?

90 ÷ 3 = 30ml per hour

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2- Calculate the number of tablets needed for the following prescription based on the formula given.
Prescribed dose ÷ Stock strength = Number of tablets needed
Dr Shaima prescribed a 50mg dose of a drug that comes in a stock strength of 25mg. How many tablets should be given to the patient?

50 ÷ 25 = 2 tablets

3- Calculate the amount of the solution that should be given to the patient using the following formula.
Desired dose ÷ Stock strength x Stock volume = Amount of solution needed
Dr Latifa prescribed a 150mg dose of paracetamol solution. The solution is available in 250mg/5ml. How much liquid is needed per dose?

150 ÷ 250 x 5 m = 3 ml

4- Calculate the number of tablets needed for the following prescription based on the formula given.
Prescribed dose ÷ Stock strength = Number of tablets needed
Dr Noor prescribed a 200mg dose of a drug that comes in a stock strength of 100mg. How many tablets should be given to the patient?

200 ÷ 100 = 2 tablets

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5- Calculate the number of tablets needed for the following prescription based on the formula given.
Prescribed dose ÷ Stock strength = Number of tablets needed
Dr Khalfan prescribed a 50mg dose of a drug that comes in a stock strength of 10mg. How many tablets should be given to the patient?

50 ÷ 10 = 5

6- Read the following descriptions of types of pharmacy and decide which type of pharmacy it describes.

These pharmacists develop new drugs.	Reaserch
These pharmacists work in a pharmacy where you would go to buy medicines.	community
These pharmacists work in hospitals with doctors and nurses.	clinical
These pharmacists are responsible for preparing and sending medication to people who are at home.	Homecare

7- There are four stages of pharmacokinetics. In the spaces below, write the name of each stage and explain what it means.

Stage of pharmacokinetics	Definition

Activity 5 **Pharmacodynamics**

Explain the meaning of pharmacodynamics.

.....

.....

What factors affect the pharmacodynamics of a drug?

.....

.....

.....

.....

8-

9.2 Pharmacology

Activity 6 Pharmacokinetics or pharmacodynamics

Look at the statements in the table below. Decide whether they are describing pharmacokinetics or pharmacodynamics.

Statement	Pharmacokinetics	Pharmacodynamics
Metabolism is what the body does to a drug.	✓	
This is the study of what happens to drugs once they enter the body.	✓	
Certain receptors are activated depending on the drug.		✓
This is the study of the effect that drugs have on the body.		✓

Activity 7 Response levels

Fill in the blanks below to identify the name of the response or explain the meaning of the response when a drug connects to a receptor.

1. ..... – When a drug connects to a receptor and produces less than a maximum effect.
2. ..... - When a drug connects to a receptor but there is no effect.
3. Full agonist .....

.....

.....

Activity 8 Drug, medicine or excipient

Look at the sentences in the table below. Which one does the sentence describe best, a drug, a medicine or an excipient?

Sentence	Drug	medicine	excipient
Can be directly used as a treatment.		✓	
Helps formulate, protect and support a medicine.			✓
Can directly treat a pain or cure an infection.		✓	
Chemical substances that are taken from plants, animals, microorganisms or minerals.	✓		
Most medicines contain them in order to be safer for us to use.			✓
Are considered ingredients and are not used directly as a treatment.	✓		
Are the result of a drug or drugs being mixed.		✓	

STARTER Keyword matching

Match the keyword to the correct description.

Chemical	A condition where part of the body becomes red, swollen and painful.
Prescription	Relating to chemistry; any substance consisting of matter.
Inflammation	A change in the body that indicates a disease is present.
Symptoms	A written message from a doctor that officially tells someone to use medicine.

Activity 20 Abbreviations

Complete the table of abbreviations below.

Abbreviation	Meaning
IV	
PO	
TOP	
ml	
tsp	
mg	
ml	

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Activity 23 Calculating tablets

Calculate the correct number of tablets in the following scenarios.
Remember, the 'No. of tablets' section is for one dose only.

Scenario 1

There is 5mg of prednisolone in one tablet. The doctor wants the patient to take 40mg once daily at 7am. How many tablets should the patient take at 7am?

Desired dose	Equation	Stock strength	Equals	No. of tablets
40	÷	5	=	8

Scenario 2

The doctor has prescribed 400mg of Ibuprofen three times a day for a patient. The tablets come in 200mg tablets. How many tablets need to be dispensed per day?

Desired dose	Equation	Stock strength	Equals	No. of tablets
1200	÷	200	=	6

Tablets per day = _____

Scenario 3

stock

There is 250mg of penicillin in one tablet. The doctor wants the patient to take 500mg twice daily. How many tablets should the patient take in the morning?

Desired dose	Equation	Stock strength	Equals	No. of tablets
1000	÷	250	=	4

Activity 24 Calculating mixtures and solutions

Look at the scenarios below. Use the calculation tables to calculate the amount of solution needed.

Scenario 1

A child has a temperature of 39.0°C. The doctor has ordered a 500mg paracetamol suspension, four times a day. Paracetamol suspension comes in 250mg/5ml. How much paracetamol suspension needs to be dispensed per day?

Desired dosage	Equation	Stock strength	Equation	Stock volume (ml)	Equals	Amount of solution required (ml)
2000	÷	250	×	5	=	

Total per day = _____

Scenario 2

The doctor has ordered a 250mg paracetamol suspension, two times a day. Paracetamol suspension comes in 250mg/5ml. How much paracetamol suspension needs to be dispensed per day?

Desired dosage	Equation	Stock strength	Equation	Stock volume (ml)	Equals	Amount of solution required (ml)
500	÷	250	×	5	=	

Total per day = _____

Activity 25 Calculating IV rate

Calculate the correct IV rates in the following scenarios.
The 'total IV volume' section should be entered in ml. You may need to do unit conversion.

Scenario 1

The doctor has prescribed 300ml of normal saline solution over six hours. What is the rate in ml per hour?

Total IV volume (ml)	Equation	Time (Hours)	Equals	ml administered
300	÷	6	=	50 ml

Scenario 2

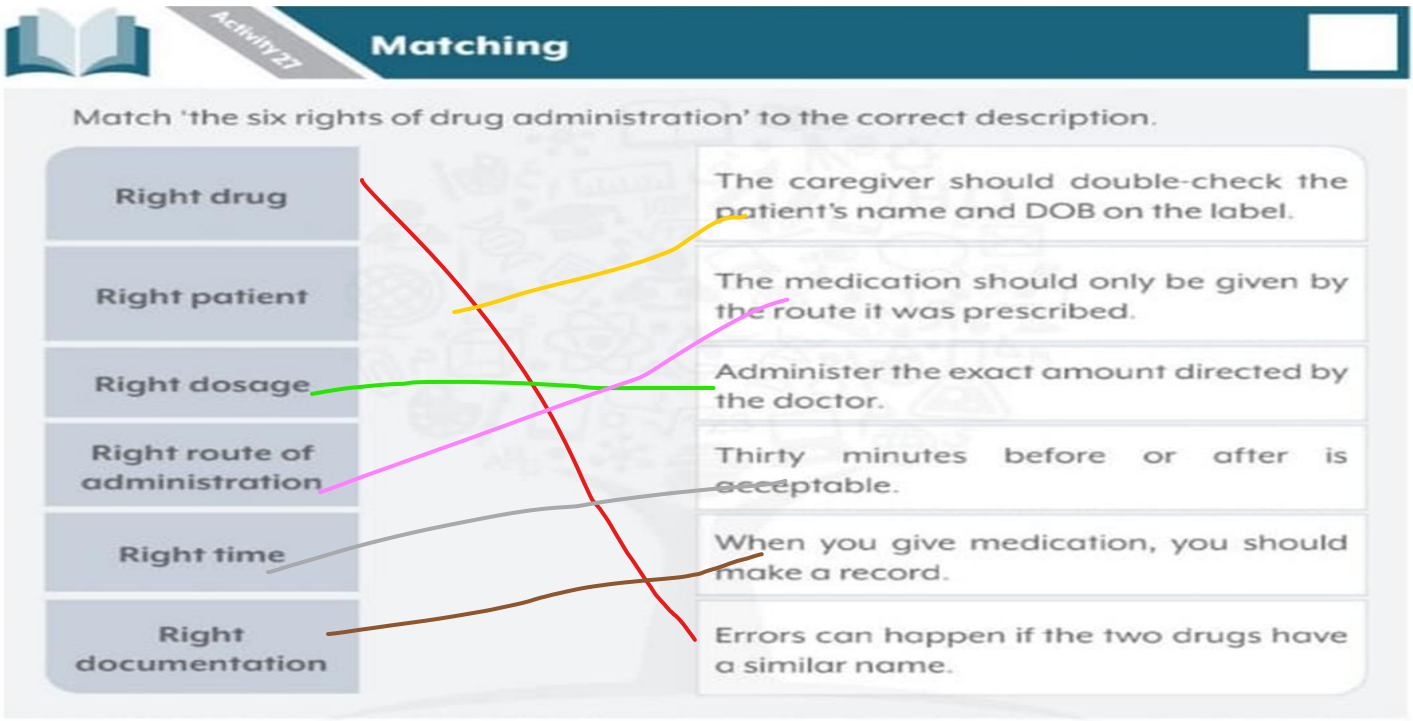
A patient needs to be given two litres of saline over 16 hours. What is the rate in ml per hour? = 2000ml

Total IV volume (ml)	Equation	Time (Hours)	Equals	ml administered
2000	÷	16	=	

Scenario 3

A patient needs to be given 50ml of saline over 90 minutes. What is the rate in ml per hour? 1.5 hour

Total IV volume (ml)	Equation	Time (Hours)	Equals	ml administered
50	÷	1.5	=	



UNIT 10

Choose the correct answer:

1- A _____ is an illness that happens as a result of eating foods that contain disease-causing organisms.

a- dizziness.
b- foodborne illness
c- heartburn
d- contamination

2- _____ and _____ be signs and symptoms of a foodborne illness.

a- swollen glands
b- vomiting
c- no headaches
d- diarrhoea

3- Foodborne illnesses can occur _____ after eating contaminated food.

a- 2-4 hours
b- 6-72 hours
c- After 72 hours
d- Straightaway

4- Choose the two correct answers:
Two conditions that bacteria needs in order to grow are:

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a- Time
b- no food
c- Warmth
d- Cold

5- _____ describes when food becomes dangerous because a harmful or unwanted substance gets into it, such as bacteria.
a- Temperature
b- Contamination
c- Cooking
d- Bacterial

6- Bacteria can multiply between temperatures of _____ degrees Celsius.

a- between 0 and 5 degrees Celsius
b- Above 100 degrees Celsius
c- below 0 degrees Celsius
d- between 5 degrees and 60 degrees Celsius

7- Two examples of high-risk foods that can cause foodborne illness are _____ and _____.
a- beef
b- poultry
c- beans
d- rice

8- Tick / circle below one of the main types of cross-contamination of foods.

a- People to food
b- Contamination
c- Cross over
d- Thoroughly cooked food

9- This type of cross contamination is the process of adding contaminated food to non-contaminated food _____
a- Bacteria to bacteria
b- Food to food
c- Equipment to food.
d- People to food

10- The first key to safer food is to Keep Clean. An example of what you can do to stay to clean is _____
a- not wash your hands
b- not sanitise your cutting boards and equipment after use
c- protecting your food from pests
d- use dirty equipment when cooking

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11- An example of when you should wash your hands to keep clean is _____

a- before blowing your nose.
b- before handling food.
c- before handling rubbish.
d- not wash your hands at all.

12- A food _____ is when the body's immune system responds unusually to certain foods :
a- allergy
b- poisoning
c- intolerance
d- reaction

13- A severe food allergic reaction is known as _____
a- contamination
b- anaphylaxis
c- food intolerance
d- allergen

14- Foods that commonly cause allergies are called _____
a- anaphylaxis
b- allergen
c- poison
d- food

15- _____ is a common type of food intolerance.
a- rice
b- pasta
c- fruits and vegetables
d- lactose intolerance

16- Two signs and symptoms of food allergies are _____ and _____.
a- chest pains
b- swollen tongue
c- trouble breathing
d- swollen feet

17- Select the correct two examples.
Give two examples of foods that can commonly cause an allergic reaction:
a- fruits and vegetables
b- peanuts
c- potatoes
d- eggs

18- _____ is when something is carried through food; usually a disease
a- illness

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b- Foodborne
c- disease
d- virus

19- The ideal temperature for Bacteria to multiply is _____
a- 36˚C
b- 39˚C
c- between 5˚C to 60˚C
d- 37˚C

20- The cold food zone is _____
a- Between 0˚C to 5˚C
b- Between 0˚C to -10˚C
c- Between 60˚C to 100˚C
d- Between 5˚C to 60˚C

21- Separating raw and prepared foods will _____ of bacteria between foods. This process can make people very ill.
a- Increase
b- Stop the transfer
c- Decrease
d- Multiplying

22- The frozen food zone is between 0˚C to -10˚C
a- True
b- False

23- Warmth is one of the certain conditions for bacteria to grow
a- True
b- False

24- Leftover food should not be reheated more than Twice.
a- True
b- False

25- Bacteria need certain conditions to grow, these include temperature
a- True
b- False

26- Food-borne illness is an infection or irritation of the gastrointestinal tract. It is caused by food or drinks that contain harmful bacteria, parasites, viruses, or chemicals.
a- True
b- False

27- Hands transfer germs from one place to another, so handwashing is very important. You should wash your hands:
a- Before handling food.
b- Before eating.
c- After going to the toilet
d- All of the above

28- Leftover food should be not be stored in the fridge for more than _____ days

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a- One
b- Two
c- Three
d- Four

29- One of the following types is NOT a type of bacteria that lead to foodborne illness.
a- Salmonella
b- Campylobacter
c- Clostridium botulinum
c- E. Coli

30- Bacteria need certain conditions to grow, these include: (choose three)
a- Air
b- Time
c- Warmth
d- Temperature
e- Water

31- What is the ideal temperature zone for bacteria to grow?
a- 100˚C and above
b- 5˚C – 60˚C
c- 0˚C – 3 ˚C
d- -10˚C – 0˚C

32- How can you protect food from pests?
a- Sanitise cutting boards before use
b- Use a thermometer to check the temperature
c- Store food in closed containers
d- Store raw meat above cooked foods

33- _____ are when the body's immune system reacts to certain foods and tries to fight against it.
a- Foodborne illnesses
b- Food allergies
c- Food intolerances
d- Danger zones

34- Which of the following is an example of good food safety?
a- Using the same plate for raw and cooked foods
b- Washing hands after handling raw meat or poultry
c- Cooking food until it reaches 50˚C
d- Cooling hot food on the counter overnight

35- What is a lactose intolerance?
a- A digestive reaction after eating dairy products
b- A digestive reaction after eating wheat or barley
c- A digestive reaction after eating soy
d- A digestive reaction after eating caffeine

36- Separating raw and prepared food will prevent cross-contamination.
a- True b-False

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Activity 1 Disease-causing microorganisms

In the space below, list the five disease-causing microorganisms that can be found in food.

1. .....

2. .....

3. .....

4. .....

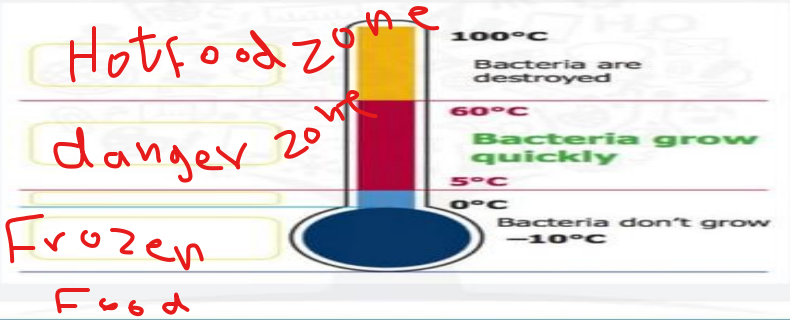
5. .....

From the list above, which microorganism is the most common cause of disease?

.....

Activity 4 Temperature zones

Label each of the temperature zones correctly.



Activity 5 Bacteria leading to illness

Write the name of the four types of bacteria that lead to foodborne illness.

Activity 11 Colour coding

Can you remember what food items are used with each colour of chopping board? Label each of the colours below with the correct food items.

Prevent cross-contamination
Use the correct coded chopping board and knives

10.4 Food allergies and intolerances

Activity 26

Anaphylaxis

Read the following sentences about anaphylaxis. Fill in the blanks in each sentence using one of the words in brackets at the end of the line.

Anaphylaxis is a ..... allergic reaction. **(mild/severe)**

Anyone experiencing anaphylaxis should get ..... medical attention. **(immediate/gradual)**

Symptoms of anaphylaxis include problems with breathing, skin rashes, nausea and an increased ..... rate. **(heart/thinking)**

If a person goes into shock, they should be treated with a/an ..... . **(tablet/injection)**

The injection containing ..... comes in the form of an auto-injector. **(paracetamol/adrenaline)**

People with severe allergies should ..... carry an adrenaline auto-injector with them. **(always/never)**

3. Match each of the five keys to safer food with their correct description.

Keep clean.	Store food in containers to avoid contact between raw and cooked foods.
Separate raw and cooked food.	Use clean water to cook and clean with.
Cook thoroughly.	Allow food to defrost in the fridge.
Keep food at safe temperatures.	Wash your hands before handling food and during preparation.
Use safe water and raw materials.	For meat and poultry, make sure the juices are clear and not pink.

Fill in the blanks:

Food intolerances can be hard to ___c___. This is because the ___a___ that people experience are similar to those of many other conditions. The best way to diagnose food intolerance is to ___b___ symptoms alongside foods that are eaten. ___d___ suspected foods from the diet is also a good method.

a. symptoms b. monitor c. diagnose d. removing

Unit 11

Choose the correct answer:

1- Which of the following is not a therapeutic diet?
   a- Nutrient modification
   b- Texture modification
   c- Food allergy modification
   e- Physical activity modification
2- What nutrients do you need to lower your intake of if you have renal disease?
   a- Protein, fats, sugar
   b- Protein, calcium, phosphorus
   c- Protein, potassium, fats
   e- Protein, potassium, phosphorus
3- Which one is not a benefit of a healthy diet?
   a- To help maintain a healthy weight
   b- To help prevent certain diseases
   c- To control cholesterol levels
   d- To increase stress levels
4- Which of the following best describes nutrient modification ?
   a- When one or multiple nutrients are added or removed from personal's diet
   b- When the food is delivered into the body through a tube
   c- When a person eats solid food once a day
   d- When the texture and consistency of food is changed
5- What is the purpose of a therapeutic diet ?
   a- To increase a person's quality of life and life expectancy
   b- To fit the nutritional needs of a patient based on their individual health status
   c- To help reduce the amount of medication the patient is required to take
   d- All of the above
6- Which medical term is used to describe patients who have problems swallowing food :
   a- Food intolerance
   b- Dysphagia
   c- Ulcer
   d- Puree
7- Why would some one need a therapeutic diet ?
   a- To correct nutritional status
   b- To help digestion
   c- To provide texture modifications
   d- All of the above
8- A patient with negative energy balance will :
   a- Gain weight
   b- Lose weight
   c- Stay the same
   d- None of the above
9- A disease that is not affected by healthy diet is :

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a- Diabetes type 2
b- Osteoporosis
c- Stroke
d- Diabetes type 1

10- Which of the following statements are not consider as an advantage of therapeutic diet
a- They can reduce the amount of medication that is needed
b- Decrease the quality of life
c- Increase life expectancy
d- Can cure some conditions

11- ……. Is where one or more nutrients are added or removed from the diet
a- Nutrient modifications
b- Texture modifications
c- Tube feeding
d- Allergy modifications

12- Common nutrient modified diet include :
a- Low sugar diet
b- Low sodium diet
c- Low fiber diet
d- All of the above

13- ……. Is one of texture modification when food is cooked or cut so it can be easily chewed with minimal efforts
a- Soft
b- Minced and moist
c- Puree diet
d- Tube feeding

14- People who have problems with their mouth or difficulty swallowing food need :
a- Soft food
b- Minced and moist food
c- Puree diet food
d- Tube feeding

15- Energy output is made up of :
a- BMR
b- Physical activity
c- Thermal effect of food
d- All of the above

16- Most of your energy is used up in :
a- Blood circulation and breathing
b- Physical activity
c- Chewing ,digesting and storing food
d- None of the above

17- Positive energy balance means :
a- Lose weight
b- Gain weight
c- Eating less calories than your body's need .

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d- All of the above

18- If some one wants to lose weight he should :

a- Eat variety of foods each day include protein ,legumes ,fish, eggs ,fruits and vegetables

b- Increase food with saturated fat

c- Increase processed foods

d- Increase high sugar foods

19- ……. Is hormone produced by pancreas

a- Adrenaline

b- Insulin

c- Epinephrine

d- Thyroxin

20- …….. diabetes occurs when the body cannot produce enough insulin (autoimmune disease)

a- Type 1

b- Type 2

c- Gestational diabetes

21- The type of diabetes that commonly diagnosed at young ages is :

a- Type 1

b- Type 2

c- Gestational diabetes

22- The type of diabetes that cannot be prevented by changing life style factors is :

a- Type 1

b- Type 2

23- Which of the following things can make person more likely to develop type 1 diabetes :

a- Family history

b- Exposure to certain viruses

c- Pancreas diseases

d- All of the above

24- The type of diabetes that is more common is :

a- Type 1

b- Type 2

c- Gestational diabetes

25- The type of diabetes that can be prevented by changing life style factors is :

a- Type 1

b- Type 2

c- Gestational diabetes

26- ……. Is type of a diabetes that can happen during pregnancy :

a- Type 1

b- Type 2

b- Gestational diabetes

27- Which of the following things can help to prevent type 2 diabetes :

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a- Maintain healthy weight
b- Eat balanced diet
c- Exercise regularly
d- All of the above

28- ……..is a modern method of measuring blood glucose levels :
a- Continuous glucose monitoring
b- Finger prick readings

29- …… are a small digital device which work by analysing a small amount of blood :
a- Continuous glucose monitoring
c- Finger prick readings

30- If the person's blood glucose reading is 6-7 mmol/L after fasting for 8 hours ,the person is consider :
a- Healthy
b- Prediabetic patient
c- Diabetic patient

31- ……..is when blood glucose levels are above the normal range but below the threshold of diagnosing diabetes :
a- Normal blood glucose level
b- Prediabetes
c- Diabetes

32- Which of the things below can manage diabetes :
a- Diet
b- Exercise
c- Medication
d- All of the above

33- …….. have the biggest impact on blood glucose levels:
a- Carbohydrate
b- Lipids
c- Proteins
d- All of the above

34- Which of the following sentences not related to carbohydrate counting : method
a- Counting the number of carbohydrate the person's eat
b- Eating complex carbohydrates
c- Fill half of your plate vegetables ,1/4 protein,1/4 whole grain foods
d- All of the above

35- One of the biggest risk factors for developing type 2 diabetes is :
a- Being overweight or obese
b- Smoking
c- Sedentary life style
d- BMI less than 25

36- Eating too much protein can make the kidney works extra hard and can damage it :
a- True
b- False

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37- Which of the following foods are consider high-protein foods :
   a- Eggs
   b- Bread
   c- Pasta
   d- Fruit
38- Having too much or too little potassium can cause muscle cramps :
   a- True
   b- False
39- Which of the following foods are consider high-potassium foods :
   a- Bread
   b- Rice
   c- Pasta
   d- Bananas
40- In renal diseases the doctor may prescribe phosphate binder :
   a- True
   b- False
41- The risk factors of developing osteoporosis include: Age ,gender (men are more likely to develop it).
   a- True
   b- False
42- Osteoporosis is not severe like osteopenia:
   a- True
   b- False
43- Diet for bone diseases must include:
   a- More calcium and vitamin D
   b- Caffeine
   c- Sugary drinks
   d- Fizzy drinks
44- The two healthy types of fats include :
   a- Monounsaturated fats and polyunsaturated fats
   b- Trans fat and saturated fats
   c- Trans fats and unsaturated fats
   d- Saturated and unsaturated fats
45- Which of these fats are example of monosaturated fats :
   a- Sunflower oil
   b- Vegetable oil
   c- Oily fish
   d- Olive oil
46- Following the DASH plan may help to :
   a- Control Blood pressure
   b- Control type 2 diabetes
   c- Reduce the chance of Kidney stones
   d- All of the above
   e-

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47- Dash diet is high in fat and low in fibre :

a- True

b- False

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