

- Q.1. Multiple Choice Questions (05)
- i. Dairy products provide sufficient amounts of;
- a)calcium and vitamin K
  - b)calcium and vitamin D
  - c)all essential amino acids
- ii. Diabetes is caused when the pancreas can not make sufficient amounts of;
- a)glucose
  - b)sugar
  - c)insulin
- iii. The liver is the main organ for;
- a)digestion
  - b)Blood circulation
  - c)detoxification
- iv. Our skin's acid mantle performs an important function as part of our;
- a)blood circulatory system
  - b)nervuous system
  - c)immune system
- v. The health of the skin reflects;
- a)Age
  - b)over all health
  - c)skin colour
- vi. The incomplete molecules which lack an electron are called;
- a)free radicals
  - b)chemical compunds
  - c)the nucleus

## Anti Ageing Formulas

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- vii. Free radicals are usually the by product of our;
- a)digestive system
  - b)metabolism
  - c)blood circulatory system
- viii. The damage that free radicals do is called;
- a)stress
  - b)oxidative stress
  - c)free radical system
- ix. The elderly people usually have lower energy expenditure and;
- a)higher metabolic rates
  - b)slower metabolic rates
  - c)normal metabolic rates
- x. Free radicals are usually the by product of our;
- a)digestive system
  - b)metabolism
  - c)blood circulatory system

Q.2. Short Questions:

(25)

All Questions Carry Equal Marks.

- i. How can constipation be prevented?
- ii. Do elderly people need to do physical activity? If so for how long?
- iii. What are phytochemicals and what is their function in the body?
- iv. 'Sugar and refined food can cause problems'. Describe
- v. What are free radicals? And how do they affect our skin?