

Q.1. Multiple Choice Questions: (05)

- i. Cardiovascular disease is caused by a buildup of:
 - a) swollen arteries
 - b) infection in arteries
 - c) fatty streaks and cholesterol in blood vessels
- ii. How many types of cholesterol are found in blood stream?
 - a) Two
 - b) Three
 - c) Four
- iii. The high density lipoprotein or (HDL) is referred to as:
 - a) the bad cholesterol
 - b) the useful cholesterol
 - c) the good cholesterol
- iv. Which type of fat should be avoided in order to reduce the risk of CVD?
 - a) Trans-fat
 - b) Monounsaturated fat
 - c) Omega-3 fats
- v. Trans-fatty acids are a particular kind of fat naturally occurring in:
 - a) eggs and cheese
 - b) vegetable oils
 - c) meat and dairy product

- vi. The most important risk factor for the lung cancer is smoking, which is thought to be responsible for about:
- a) 40% cancer deaths
 - b) 30% cancer deaths
 - c) 20% cancer deaths
- vi. Type 2 diabetes develops:
- a) after the age of 40
 - b) after the age of 60
 - c) slowly
- viii. Glycemic lead is calculated using which of the following formulas?
- a) $GL = GI \times \text{Net carbohydrates}$
 - b) $GL = GI \text{ net carbs}$
 - c) $GL = GI \times \text{Net Carbohydrates}$
- ix. 10 % of all cancer deaths among non-smokers are related to:
- a) iabetes
 - b) obesity
 - c) heart failure
- x. Calcium requirement for 7-10 year old is;
- a) 350 mg a day
 - b) 450 mg a day
 - c) 550 mg a day

Q.2. Short Questions: (18)

- i. Describe the risk factors for cardiovascular disease or CVD.
- ii. What is cancer?
- iii. What is the link between glucose and insulin?
- iv. Why is glycaemic index important?
- v. What is osteoporosis? What causes this disease?
- vi. What are the two types of diabetes?