

**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 cannot 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) nervous system
  - c) immune system
- v. The health of the skin reflects:
  - a) age
  - b) overall health
  - c) skin colour

- vi. The incomplete molecules which lack an electron are called:
- a) free radicals
  - b) chemical compounds
  - c) the nucleus
- vii. Free radicals are usually the byproduct 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. 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 byproduct 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'. Discuss.
- v. What are free radicals? How do they affect our skin?