

ASSESSMENT # 4**Total Marks: 30****Q.1 Multiple Choice Questions: (05)**

- i. The first stage in the process of digestion is known as the:
 - a) absorption phase
 - b) cephalic phase
 - c) chewing phase

- ii. Once swallowed, each mouthful of food takes about:
 - a) 12 seconds to reach the stomach
 - b) 10 seconds to reach to stomach
 - c) 6 seconds to reach to stomach

- iii. The walls of the stomach are made up of:
 - a) 5 different layers of muscles
 - b) 4 different layers of muscles
 - c) 3 different layers of muscles

- iv. The stomach produces the enzyme pepsin which breaks down:
 - a) fats
 - b) proteins
 - c) carbohydrates

- v. Digestion and absorption of fats, proteins and carbohydrates occur in:
 - a) stomach
 - b) small intestine
 - c) oesophagus

- vi. The gall bladder provides bile salts that help to make:
 - a) proteins easier to absorb
 - b) fats easier to absorb
 - c) water easier to absorb

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Total Marks: 30

- vii. The process of fat digestion and absorption can take up to:
- a) 5 hours
 - b) 8 hours
 - c) 10 hours

Which of the following hormones is called the stress hormone?

- a) Thyroid hormone
 - b) Cortisol hormone
 - c) Cholesterol hormone
- ix. The major detoxification organ in the body is:
- a) liver
 - b) heart
 - c) stomach
- x. If a person loses weight too quickly, their liver secretes extra cholesterol, which may lead to:
- a) diabetes
 - b) heart burn
 - c) gallstones

Q. No.2 Short Questions:

(18)

- i. What is the function of hydrochloric acid in the stomach?
- ii. What is the importance of the hormone ghrelin in the stomach?
- iii. How does eating 'moderately, slowly and regularly' help maintaining the healthy digestive system?
- iv. How does stress affect our digestive system?
- v. Name three sources of toxicity.
- vi. What are the symptoms of indigestion?
- vii. How can indigestion be prevented?
- viii. Describe the effects of prolonged stress on the body.
- ix. What are gallstones?

ASSESSMENT # 4**Total Marks: 30****Case Study****(7)**

Julian, a 35 year old woman is greatly concerned with her recent weight gain, though she does not look overweight. She actually has quite thin arms and legs but she has bloated abdomen. She has some problems in her life which are making it quite stressful. Her DAL (dietary and life style record) shows that she is getting a regular exercise and is mostly eating whole foods.

What could be the reason of her bloated stomach?

- a) Menopause
 - b) Continuous stress
 - c) Weight gain
- ii. Julian needs to follow a:
- a) weight loss programme
 - b) stress management programme
 - c) fitness training programme
- iii. She should be advised to increase foods containing vitamin B5 in her diet because:
- a) it is good for the skin
 - b) vitamin B5 directly feeds the adrenal glands
 - c) vitamin B5 directly feeds the thyroid gland