

科目：專業英文

系所組：營養科學系碩士班

Multiple choices

26. There are 4 primary types of tissue in human body, including:
- A. gastrointestinal, endocrine, nervous, cardiovascular
  - B. gastrointestinal, cardiovascular, muscle, immune
  - C. connective, epithelial, muscle, nervous
  - D. skeletal, muscle, endocrine, cardiovascular
27. Energy-yielding nutrients include
- A. thiamin, riboflavin, and niacin.
  - B. carbohydrates, proteins, and fats.
  - C. trace minerals and fat-soluble vitamins.
  - D. iron, vitamin C, and potassium.
28. Once absorbed into the body, the majority of carbohydrates are ultimately transformed into glucose by the
- A. brain cells.
  - B. liver.
  - C. heart.
  - D. muscle tissue.
29. Mucus-forming cells in the body deteriorate and can no longer produce mucus when the deficiency of following nutrient occur
- A. vitamin A.
  - B. vitamin C.
  - C. vitamin D.
  - D. vitamin B-12.
30. Which of the following population groups has the highest rate of calcium absorption?
- A. Pregnant women
  - B. Postmenopausal women
  - C. Premenopausal women
  - D. Athletes in training
31. The function of high-density lipoproteins (HDL) in lipid transport is best described as:
- A. delivering cholesterol to target cells throughout the body.
  - B. picking up cholesterol from dying cells and other sources to deliver to other lipoproteins and the liver for disposal.
  - C. slowly carrying newly synthesized fats from the liver to various body cells.
  - D. moving newly absorbed dietary fat through the intestinal wall.
32. According to the regulation of the nutrition labeling in Taiwan, the Daily Value for sodium is listed as
- A. 7 grams per day.
  - B. 400 mg per day.
  - C. 2400 mg per day.
  - D. 200 mg per day.

※ 注意：1. 考生須在「彌封答案卷」上作答。

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33. Thiamin, riboflavin, and niacin work together in important biochemical pathways that
- A. synthesize glycogen.
  - B. control fatty acid synthesis.
  - C. promote absorption of amino acids in intestine.
  - D. release energy from carbohydrate, fat, and protein.
34. The biological value of a food protein is a measure of
- A. the weight gained by a growing rat after eating the food protein for 10 days.
  - B. the total amount of nitrogen in the blood.
  - C. how much of the food one eats.
  - D. how closely the amino acid distribution in the food meets the amino acid needs of body tissues.
35. Which of the following B vitamins is found in the widest variety of foods
- A. thiamin
  - B. riboflavin
  - C. pantothenic acid
  - D. cobalamin
36. The most nutrient-dense source of vitamin E is
- A. refined grains and their products.
  - B. fruits with orange color.
  - C. vegetable oils.
  - D. animal fats.
37. The reason why trans fatty acids are now considered more atherogenic than saturated fatty acids is because they
- A. are unnatural and only form during fat processing.
  - B. cause excessive blood clotting.
  - C. cause sudden cardiac arrest in post menopausal women.
  - D. elevate LDL levels, while decreasing HDL.
38. Physiological anemia that occurs during early pregnancy
- A. is the same as iron deficiency anemia observed in nonpregnant women.
  - B. is caused by insufficient intake of folate and vitamin B-12.
  - C. because the volume of plasma expands more than that of red blood cells.
  - D. signals a grave danger for the mother.
39. Proteins assist in regulating blood pH by
- A. releasing ketogenic amino acids into the blood.
  - B. accepting or releasing hydrogen ions.
  - C. pumping potassium out of the cell.
  - D. keeping the blood more acidic through their amino acid residues.

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Multiple choices:

40. The selenium content in foods
- A. is consistently high in plant-based foods.
  - B. depends on the total amount of protein in the food.
  - C. depends on the content of sulfur-containing amino acids of the foods.
  - D. reflects the amount of selenium in the soil where the crop was grown.
41. Water has high heat capacity, because
- A. the body can store a lot of heat in water.
  - B. it takes a relatively large amount of heat to raise the temperature of one gram of water by 1°C.
  - C. water cannot be stored in the body.
  - D. it forms an ideal medium for removing heat from the body.
42. Dietary sugars and starches have the characteristic of protein sparing, which means :
- A. sugars and starches can substitute for dietary protein when it comes to body protein synthesis.
  - B. dietary protein can be used for protein synthesis and other vital processes, rather than being used as a source of energy.
  - C. sugars and starches are converted to fat, and then converted to glucose for use as blood sugar.
  - D. sugars and starches are converted by the liver to ketone bodies.
43. Fats in food may offer the satiety value because
- A. they are high in energy.
  - B. they are esterified.
  - C. they slow the rate of stomach emptying.
  - D. they contain very few oxygen molecules.
44. Which of the following adverse effect may occur at intakes of supplemental vitamin C greater than 2 g/day?
- A. blood in the urine and muscle weakness
  - B. masking of a vitamin B-12 deficiency
  - C. gastrointestinal bloating and diarrhea
  - D. increase in blood uric acid level.
45. Which of the following hormones would affect the ability of women in producing milk?
- A. prolactin.
  - B. estrogen.
  - C. progesterone.
  - D. oxytocin.
46. Alcohol is absorbed in the small intestine by
- A. simple diffusion.
  - B. passive diffusion.
  - C. facilitated diffusion.
  - D. endocytosis.

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47. Individuals at risk of vitamin D deficiency include all of the following except
- A. elderly persons living in nursing homes
  - B. individuals having a lifestyle with very limited outdoor activity
  - C. elderly who eat high amounts of fatty fish and fish oils.
  - D. individuals with diseases of fat-malabsorption.
48. A process involved in the synthesis of nonessential amino acids is called
- A. decarboxylation.
  - B. ketogenesis.
  - C. gluconeogenesis.
  - D. transamination.
49. The regimen of getting the body to store more glycogen than typical is called for:
- A. glycogenolysis.
  - B. glycogen synthesis.
  - C. carbohydrate loading.
  - D. energy loading.
50. Which of the following strategies is considered healthy in preventing constipation of the elderly?
- A. limit the consumption of highly sweetened foods.
  - B. consume more fermented dairy products.
  - C. ask physicians for laxatives.
  - D. increase the consumption of whole grains, vegetable and fruits.

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