

科目：專業英文

系所組：營養科學系

Choice questions (2 points for each question, 50 points)

26. Which of the following indicates a food that provides health benefits beyond the vitamins and minerals it contains?
- (A) Phytonutrient
 - (B) Functional food
 - (C) Formative food
 - (D) Probiotic
27. If a total of 2000 kcal a day were consumed (250 grams from carbohydrate, 66 grams from fat, and 102 grams from protein), what percentage of energy comes from carbohydrate, fat, and protein?
- (A) 30% carbohydrate, 50% fat, and 20% protein
 - (B) 50% carbohydrate, 35% fat, and 15% protein
 - (C) 20% carbohydrate, 30% fat, and 50% protein
 - (D) 50% carbohydrate, 30% fat, and 20% protein
28. Scientists observe physical phenomena and try to explain these causes in _____.
- (A) laws.
 - (B) models.
 - (C) theories.
 - (D) hypotheses.
29. In a double-blind study, who knows which participants are getting the real or the placebo treatment?
- (A) only the researchers
 - (B) only the participants
 - (C) only an independent third party
 - (D) both the researchers and participants
30. A study that compares matched individuals with and without a known medical condition is known as a _____.
- (A) double blind study.
 - (B) matched study.
 - (C) case-control study.
 - (D) control group study.
31. Which of the following food production methods is not allowed with organic foods?
- (A) Use of synthetic fertilizers.
 - (B) Use of hormones for animals.
 - (C) Use of genetic engineering.
 - (D) All of these choices are accurate.
32. In the Taiwan the _____ mandates that public water supplies be monitored regularly for microorganisms, chemicals and various metals.
- (A) United States Department of Agriculture
 - (B) Environmental Protection Agency
 - (C) Food and Drug Administration
 - (D) Environmental Protection Administration Executive Yuan.

33. A main cause of intestinal gas formation is _____.
- (A) a lack of bacteria in the large intestine.
 - (B) the breakdown of undigested carbohydrates by bacteria in the large intestine.
 - (C) insufficient bile production for fat digestion and absorption.
 - (D) All of these choices are correct.
34. Probiotics may be most useful in treating _____.
- (A) constipation
 - (B) diarrhea in children
 - (C) celiac disease
 - (D) food intolerance
35. A sensible idea for preventing constipation is to _____.
- (A) use a laxative when needed.
 - (B) decrease fluid intake.
 - (C) include more foods such as white bread, white rice and ice cream in the diet.
 - (D) include more foods such as whole grain breads, beans and apples in the diet.
36. Consuming more than 60 grams of fiber a day poses some health risks, such as _____.
- (A) decreased mineral absorption due to chemical binding by the fiber.
 - (B) blockage of the intestinal tract.
 - (C) decrease appetite in some individuals.
 - (D) All of these choices are accurate.
37. Dietary sugars and starches are called "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.
38. A vegetarian diet may be low in _____.
- (A) vitamin B-12.
 - (B) iron.
 - (C) calcium.
 - (D) all of these choices are correct.
39. Liver cirrhosis is characterized by _____.
- (A) decreased synthesis of proteins made in the liver.
 - (B) abnormal retention of fluid in the abdomen.
 - (C) poor nutritional status.
 - (D) All of these answers are correct.
40. After a person has fasted for a while, the brain adapts to using _____ for some of its fuel needs.
- (A) glycerol
 - (B) ketones
 - (C) fatty acids
 - (D) amino acids
41. Oxidative phosphorylation is the action of _____.
- (A) fatty acids breaking apart to form acetyl-CoA's.
 - (B) generation of ATP.
 - (C) amino groups moving from a donor to an acceptor.
 - (D) electrons moving to final acceptor, oxygen.

42. **Training and exercise are beneficial because they _____.**
(A) reduce the blood volume and total number of red blood cells so there is less body weight.
(B) increase the number of mitochondria in muscle cells.
(C) reduce the number of capillaries in muscle tissue.
(D) reduce the number of mitochondria in muscle cells.
43. **An example of an appropriate weight-loss strategy would be a _____.**
(A) food plan that meets the nutritional needs of the patient.
(B) plan that encourages increased physical activity.
(C) plan that helps the patient relinquish obesity-promoting beliefs.
(D) All of these choices are accurate.
44. **Individuals taking daily aspirin or anticoagulation medications should avoid excess intakes of _____.**
(A) beta-carotene.
(B) vitamin E.
(C) vitamin D.
(D) lycopene.
45. **Factors such as heat, iron, copper, and oxygen _____.**
(A) enhance the stability of vitamin C in foods.
(B) destroy vitamin C in foods.
(C) have no effect on vitamin C.
(D) convert vitamin C from its inactive to active form.
46. **The most dependable and abundant source of iodide in the Taiwan diet is _____.**
(A) saltwater fish.
(B) fortified milk.
(C) enriched cereal grains.
(D) fortified salt.
47. **Which is not a current hypothesis about the cause of aging?**
(A) blood concentrations of hormones change
(B) connective tissue stiffens and reduces flexibility
(C) immune system becomes less able to recognize and destroy foreign substances
(D) all of these answers are current hypotheses
48. **Which population group is considered at low risk for iron-deficiency anemia?**
(A) pregnant women
(B) infants and preschool children
(C) vegans
(D) middle-aged businessmen
49. **When we obtain calcium from a dietary supplement the absorption of magnesium and copper from food may be reduced because _____.**
(A) calcium interferes with the digestion of trace minerals.
(B) magnesium and copper both have the same valence as the calcium, so there is competition for absorption sites.
(C) excess calcium can destroy the villi of the intestinal tract.
(D) excess calcium means the magnesium and copper cannot be solubilized in water.

50. Why is vitamin D a nutrient of particular concern in older adults?

- (A) absorption rises as the intestine ages, which increases risk for toxicity.
- (B) vitamin D synthesis in the skin slows.
- (C) the kidneys accelerate the conversion of vitamin D to its active form which increases the risk for toxicity.
- (D) Both absorption rises as the intestine ages, which increases risk for toxicity and the kidneys accelerate the conversion of vitamin D to its active form which increases the risk for toxicity.

※ 注意：1. 考生須在「彌封答案卷」上作答。

2. 本試題紙空白部份可當稿紙使用。

3. 考生於作答時可否使用計算機、法典、字典或其他資料或工具，以簡章之規定為準。