

科目：語文能力

系所組：營養系

26. ( ) Deficiency in vitamin C leads to which disease? A. Osteomalacia; B. Scurvy; C. Beriberi; D. Megaloblastic anemia.
27. ( ) Which organ stores the most vitamin A? A. Kidney; B. Liver; C. Brain; D. Bone.
28. ( ) Who may have lower serum vitamin D level? A. Elderly; B. Dark skin (black) people; C. Obese individuals; D. All of the above.
29. ( ) Which of the following nutrients provides the highest amount of energy per gram? A. Protein; B. Carbohydrates; C. Fat; D. Alcohol.
30. ( ) Which of the following is the most accurate method for measuring body fat content? A. Doubly labeled water; B. Bioelectrical impedance; C. Dual energy X-ray absorptiometry; D. Bomb calorimeter.
31. ( ) Distorted body image is a symptom in which of the following eating disorders? A. Obesity; B. Anorexia nervosa; C. Bulimia nervosa; D. Binge eating disorder.
32. ( ) Which of the following used up most of your energy? A. Thermic effect of food; B. Basal metabolism; C. Thermogenesis; D. Physical activities.
33. ( ) Which of the following is **NOT** an essential nutrient? A. Biotin; B. Cholesterol; C. Pantothenic acid; D. Alpha-linolenic acid.
34. ( ) Which dietary fat increases serum cholesterol level? A. Saturated fat; B. Polyunsaturated fat; C. Trans fat; D. A and C.
35. ( ) Which of the following foods is **NOT** a good source of omega-3 fatty acid? A. Fish; B. Flaxseeds; C. Walnuts; D. Sunflower seeds.
36. ( ) What kind of fatty acid is present in highest amount in olive oil? A. Saturated fatty acid; B. Monounsaturated fatty acid; C. Omega-3 fatty acid; D. Omega-6 fatty acid.
37. ( ) Which of the following foods contains the highest amount of carbohydrate per exchange? A. Peanuts; B. Brown rice; C. Soy beans; D. Spinach.
38. ( ) Which of the following foods contains the highest amount of protein per exchange? A. Tofu; B. Tomato; C. Soy bean oil; D. Avocado.
39. ( ) Which of the following foods is a good source of magnesium? A. Leafy green vegetables; B. Meat; C. Fish; D. Milk.
40. ( ) Which of the following phytochemicals is found in high amount in tomato? A. Isoflavone; B. luteine; C. lycopene; D. allicin.

※ 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。

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41. ( ) Which of the following statement about Mediterranean diet is true? A. A Mediterranean diet features high intake of pizza and garlic bread; B. A Mediterranean diet features high amount of fruits, vegetables, whole grains, nuts, and olive oil; C. A Mediterranean diet features moderate to high intake of red wine and Italian ice cream; D. A Mediterranean diet is very low in fat.
42. ( ) Which of the following statements about trans fat is **false**? A. High intake of trans fat increases low density lipoprotein cholesterol; B. High intake of trans fat increases high density lipoprotein cholesterol; C. High intake of trans fat increases cardiovascular risks; D. Trans fat is banned in some places.
43. ( ) Which of the following statements about ketogenic diet is **false**? A. A ketogenic diet is high in fat; B. A ketogenic diet is used as a therapeutic diet in the management of seizure; C. A ketogenic diet limits carbohydrates; D. A ketogenic diet could include as much fruits as one likes.
44. ( ) Which of the following statements about lactose intolerance is **true**? A. Lactose intolerance results from the lack of the enzyme lactase in the small intestine; B. Lactose intolerance is common in European adults; C. Lactose intolerance is the same as milk allergy; D. Lactose intolerance is common among Asian infants.
45. ( ) Which of the following B vitamins is **NOT** involved in one carbon metabolism? A. Vitamin B12; B. Folate; C. Vitamin B2; D. Vitamin B1.
46. ( ) Which of the following description about lacto-ovo vegetarian is **true**? A. Avoids meat and fish, but consumes eggs and milk; B. Avoids beef and pork, but consumes fish and eggs; C. Avoids meat, fish, eggs, and milk; D. Avoids meat, fish, and eggs, but would consume milk.
47. ( ) Which of the following about low purine diet is **false**? A. It is used as a dietary strategy for gout management; B. It could lower serum uric acid; C. It limits consumption of meat and seafoods; D. It limits consumption of dairy and eggs.
48. ( ) Which of the following foods is **NOT** fermented? A. Yogurt; B. Kimchi; C. Soy sauce; D. Ice cream.
49. ( ) Which of the following is **NOT** considered a vitamin? A. Carnitine; B. Choline; C. Ascorbic acid; D. Cholecalciferol.
50. ( ) Which of the following beverages **does not** contain caffeine? A. Green tea; B. Black tea; C. Cola; D. Guava juice.

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