MOD3-MW300-Antepartum Nutrition

1.	Which of the	following	is an	example	e of	a macronutrient?
	a Vitami	n R12				

- b. Calcium
- c. Protein
- d. Amino acids
- 2. The building blocks of proteins are:
 - a. Simple sugars
 - b. Amino acids
 - c. Nucleic acids
 - d. Fatty acids
- 3. Which of the following is a fat-soluble vitamin?
 - a. Vitamin B12
 - b. Folic Acid
 - c. Vitamin C
 - d. Vitamin E
- 4. Which of the following is a trace mineral required for a healthy pregnancy?
 - a. Calcium
 - b. Magnesium
 - c. Potassium
 - d. Manganese
- 5. Which of the following vitamins is necessary for proper formation of the neural tube?
 - a. Calcium
 - b. Folic acid
 - c. Vitamin B6
 - d. Vitamin C
- 6. Which of the following best describes pica:
 - a. A craving for sugar and carbonated beverages
 - b. A craving for high protein foods
 - c. An aversion to high protein foods
 - d. A craving for non-nutritive substances such as clay
- 7. Rickets is a disorder that is caused by a deficiency of_____.
 - a. Vitamin D
 - b. Vitamin E
 - c. Vitamin K

- d. Vitamin C
- 8. Which of the following foods are good sources of B vitamins?
 - a. Citrus fruits and alfalfa sprouts
 - b. Blackstrap molasses and nutritional yeast
 - c. Green leafy vegetables and alfalfa sprouts
 - d. Cauliflower and black currents
- 9. Which of the following symptoms is associated with insufficient calorie intake?
 - a. Proteinuria
 - b. Hematuria
 - c. Glucosuria
 - d. Ketonuria
- 10. Which of the following can be barriers to adequate nutrition during pregnancy?
 - a. Restrictive diet because of allergies or cultural beliefs
 - b. Exposure to toxins
 - c. Economic barriers to quality foods
 - d. All of the above