MOD3-MW300-Antepartum Nutrition

1. Which of the following is an example of a macronutrient?
    a. Vitamin B12
    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