

ADVANCED NUTRITION II

BND-108

FINAL EXAMINATION: SECTION 2

STUDENT ANSWER SHEET

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| 1. | A | B | C | D | 16. | A | B | C | D | |
| 2. | A | B | C | D | 17. | A | B | C | D | |
| 3. | A | B | C | D | 18. | A | B | C | D | |
| 4. | A | B | C | D | 19. | A | B | C | D | |
| 5. | A | B | C | D | 20. | A | B | C | D | |
| 6. | A | B | C | D | 21. | A | B | C | D | |
| 7. | A | B | C | D | 22. | A | B | C | D | |
| 8. | A | B | C | D | 23. | A | B | C | D | E |
| 9. | A | B | C | D | 24. | A | B | C | D | |
| 10. | A | B | C | D | 25. | A | B | C | D | |
| 11. | A | B | C | D | 26. | A | B | C | D | |
| 12. | A | B | C | D | 27. | A | B | C | D | |
| 13. | A | B | C | D | 28. | A | B | C | D | |
| 14. | A | B | C | D | 29. | A | B | C | D | |
| 15. | A | B | C | D | 30. | A | B | C | D | |
| 31. | A | B | C | D | 52. | A | B | C | D | |

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| 32. | A | B | C | D | | 53. | A | B | C | D |
| 33. | A | B | C | D | | 54. | A | B | C | D |
| 34. | A | B | C | D | E | 55. | A | B | C | D |
| 35. | A | B | C | D | | 56. | A | B | C | D |
| 36. | A | B | C | D | | 57. | A | B | C | D |
| 37. | A | B | C | D | | 58. | A | B | C | D |
| 38. | A | B | C | D | | 59. | A | B | C | D |
| 39. | A | B | C | D | | 60. | A | B | C | D |
| 40. | A | B | C | D | | 61. | A | B | C | D |
| 41. | A | B | C | D | | 62. | A | B | C | D |
| 42. | A | B | C | D | | 63. | A | B | C | D |
| 43. | A | B | C | D | | 64. | A | B | C | D |
| 44. | A | B | C | D | | 65. | A | B | C | D |
| 45. | A | B | C | D | | 66. | A | B | C | D |
| 46. | A | B | C | D | | 67. | A | B | C | D |
| 47. | A | B | C | D | | 68. | A | B | C | D |
| 48. | A | B | C | D | | 69. | A | B | C | D |
| 49. | A | B | C | D | | 70. | A | B | C | D |
| 50. | A | B | C | D | | 71. | A | B | C | D |
| 51. | A | B | C | D | | 72. | A | B | C | D |
| 73. | A | B | C | D | | 94. | A | B | C | D |

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FINAL EXAMINATION: SECTION 3

MIX AND MATCH: Please make a copy of Section 5 and write your answers to the test on that copy. **DO NOT WRITE YOUR ANSWERS ON THE ORIGINAL.**

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| 1. Chromo-protein | ___ | is defined in its original sense as meaning "unfinished," but now is employed to mean uncooked foods. |
| 2. Vitamin A | ___ | is a physiological process of food removed from the intestinal canal through diffusion of the cell walls into the lymph and blood stream. |
| 3. Pignolia | ___ | is an acid converted into alkaline carbonate; the poisonous version is found in vinegar. |
| 4. Alkali meta-proteins | ___ | is found in grapes and mangos. |
| 5. Hyper-vitaminosis | ___ | is also called a cleansing diet, consisting of a specific diet of fruit or fruits or green vegetables, or both. |
| 6. Cranberry | ___ | Is diet of maintenance which is rich in carbohydrates, minerals and vitamins, but low in protein. |
| 7. Venus Fly Trap plant | ___ | is also known as sodium chloride. |
| 8. Casein | ___ | are substances that inhibit bacterial growth in human milk. |

- the food at every meal. This is the diet recommended by Hygienists.
25. Dr. Hon Tilden _____ is rich in proteins, carbohydrates, minerals, and vitamins for a growing child.
 26. Curative Diet _____ are ferments that catalyze chemical reactions, without themselves being changed or destroyed in the process.
 27. Tartaric acid _____ is also known as a pine nut and contains the highest percentage of proteins of any nut.
 28. Manure fed plants _____ is fibrin found in milk and hard to digest, if at all.
 29. Eliminating Diet _____ are produced from previous proteins, but mainly by the means of digestion and hydrolysis.
 30. Black Art Of _____ are substances resulting from vital synthesis of organized bodies, as of vegetables and animals.
 31. The Building Diet _____ is sterilization at 145⁰ degrees F.
 32. "Variety _____ are sugars containing two sugars (glucose and galactose), that are broken down into monosaccharides.
 33. Table salt _____ stated: "Nature never produced a sandwich."
 34. Inhibins _____ is found in lemons, oranges, grapefruits, and pineapples.
 35. The Mature Diet _____ is an acid fruit containing excessive acid minerals.

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| 36. Dr. Shelton | ___ | are colloids or non-crystallized organic substances known as starches. |
| 37. "Raw" | ___ | is a simple protein united with a pigment—hemoglobin. |
| 38. Food elements _____ | ___ | expresses our want. |
| 39. Minerals and vitamins | ___ | is a carnivorous plant that closes up on its prey. Its secretions are acidic when poured out. |
| 40. Organic substances | ___ | started the modern day Hygienic movement of the 20 th century. |
| 41. Mono-Diet | ___ | is the anti-keratinizing vitamin. |
| 42. Sylvester Graham | ___ | are sugars containing three sugars, such as beet sugar. |
| 43. Protein foods | ___ | are found in olives, butts, grains, and legumes. |
| 44. Inorganic substances | ___ | is the anti-sterility vitamin. |
| 45. "Salad" | ___ | Is the anti-neuritic vitamin. |
| 46. Calorie | ___ | are starches, sugars, and fruits. |
| 47. Total Hygienic Heath | ___ | is the anti-scorbutic vitamin. |
| 48. Appetite does not
express our need, but
_____ | ___ | is water vaporized by heat, and re-condensed into water by being cooled. |
| 49. Pasteurization | ___ | coined the term "Vitamins." |
| 50. Simple proteins | ___ | is a term used to denote an excess of vitamin intake into the organism. |

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FINAL EXAMINATION: SECTION 4

QUESTIONS & ANSWERS: Please answer all questions in complete sentence format. **TYPE** your prose answers on **SEPARATE** paper and **TITLE** all pages "FINAL EXAMINATION: SECTION 4." Please match your answer and question numbers in sequential order and then attach them to Section 4 before you send in your Final Examination.

1. What are the nine food combining rules?
2. If one eats breakfast, lunch, and evening meals, per day, what should each meal consist of? List each in the order asked.
3. What were the results of F.M. Pottengers' experiments with cats?
4. What are some results of wrong food combinations?
5. What are five great advantages of eating uncooked foods?
6. What are the four Hygienic rules for eating salads?
7. Name five denaturing processes done to meats, vegetables and fruits.
8. [A] Describe the example given of the effects of denatured foods of the German Raider, the Crown Prince Wilhelm, after having been upon the high seas for 255 days. [B] What happened to the crew's state of health, and why? [C] What's the point of this illustration?
9. Sterilizing, predigesting, malting, dextrinizing, glutenizing, pasteurizing, refining, pickling, de-mineralizing, frying, boiling, baking, and canned goods, are all processes that are what to both foods and the human organism?

10. Malnutrition is commonly divided into three classes. Name the three classes, and define each class in the order you name them.
11. [A] Define hypo-alkalinity and its cause. [B] What are the symptoms? [C] What can we do to rectify hypo-alkalinity and restore the organism back to health?
12. In beginning our reform diet, what are the 15 recommended changes to make toward a new diet?
13. [A] Define what an eliminating diet isn't. [B] Define what it is. [C] Describe the analogy given of a store manager versus an athlete manager, relative to a "house cleaning," and the options.
14. What are the three classifications of diets by Dr. Shelton that were dedicated to his friend, Dr. Wm. H. Harvard, and define each diet classification.
15. [A] In regulating the diet of chronic patients, what is the standard that should be used when feeding the diseased patient? Please use the analogy of the boiler. [B] What are some of the great dietetic errors of dieticians treating chronic diseased patients?
16. What are the destructive effects of pasteurization?
17. [A] What do Dr. Page and others have to say in relationship to mother's milk? [B] What did Dr. Shelton have to say relative to minerals and proteins secured from green vegetation by cows in comparison to man or woman?
18. [A] What did Dr. Page have to say relative to three baby feedings per day? [B] Did Dr. Shelton agree?
19. What should be the feeding time schedule for babies within a 24 hour period, according to Dr. Shelton?
20. [A] List the pros and cons comparing chemical and animal fertilizers, versus [B] organic, vegetable fertilizers?

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FINAL EXAMINATION: SECTION 5

MIX AND MATCH: For each item in column 2, please fill in the number from column 1 which corresponds to its proper definition, meaning or quotation

Please make a copy of Section 5 and write your answers to the test on that copy. **DO NOT WRITE YOUR ANSWERS ON THE ORIGINAL.**

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| 1. Malnutrition | ___ | states that the least element must supply all of the needs of the organism; if one element is missing in insufficient amounts, the processes and needs of the organism are incomplete. |
| 2. Anabolism | ___ | is called the anti-hemorrhage vitamin. |
| 3. Food Elements | ___ | is known as tree melon. |
| 4. Nucleoproteins | ___ | is also referred to as digestion. |
| 5. Fire-Box-Dietetics | ___ | means eating sun-kissed foods in nature. |
| 6. Lactic-acid | ___ | is a sticky substance found in wheat. |
| 7. Amino-acid | ___ | are childish, taste characteristics of adults; never tasted it because I don't like it. |
| 8. Hydro-carbons | ___ | are the fuel and energy of foods; building foods; regulators of the body. |
| 9. Vitamin D | ___ | are dried grapes |

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| 10. Cereals | — | declared bread to be the “staff of death.” |
| 11. Grapes | — | relates to the unity of action. |
| 12. Denatured soil | — | are proteins containing phosphorus as in casein found in milk. |
| 13. Digestion | — | is found in spinach and rhubarb. |
| 14. Monosaccharides | — | are values that depend upon the superior quality of substances which are in the soil where vegetables grow. |
| 15. Orthotrophy | — | is any substance converted into the tissue and fluids by the body. |
| 16. Denaturing | — | fermentation is disintegration. |
| 17. Hypo-alkalinity | — | curves up its leaf to catch and digest its prey. |
| 18. Acid-meta-proteins | — | are called the building stones of the body from which proteins are derived. |
| 19. Glucose | — | are found in apples, pears, and cherries. |
| 20. Carnivorous plants | — | are one or more simple proteins united with nucleic-proteins. |
| 21. Papayas | — | is the sum total of all processes and functions, in the growth, development, maintenance, and repair of the body, by which reproduction is accomplished. |
| 22. Psychic secretions | — | is a crystalline glucose obtained from milk-sugars treated with acids. |

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| 23. | Vegetables | — | is the major plasma protein (60%).
It serves as a protein transport of fatty-acids, bilirubin, and hormones. |
| 24. | Phospho-proteins | — | twenty-two. |
| 25. | Pecan | — | are proteins united with other substances, and named according to the character of other substances. |
| 26. | Synergistic | — | are proteins formed by heat. |
| 27. | “Eat the sunshine” | — | is accomplished by chemical and animal fertilizers. |
| 28. | Food value of vegetables | — | is also known as grape sugar, and less sweet than cane sugar. |
| 29. | Law of Minimum | — | is also referred to as acidosis, which is a lowering of blood alkalinity. |
| 30. | Condiments | — | is defined as a building-up of body tissues. |
| 31. | Functions of foods | — | is called the “anti-rachitic” vitamin. |
| 32. | Dr. Emmet Densmore | — | are fats and oils. |
| 33. | Raisins | — | is the action of specific juices and secretions, which chemically act on foods, to prepare them for use by the body. |
| 34. | Glutelins (glutens) | — | is called “King of Nuts.” |
| 35. | Gustatory Infantilism | — | is any process changing anything from its natural, original structure as found in nature. |
| 36. | Oxalic-acid | — | is an acid produced in the fermentation of milk. |

37. Digestion is solution; ___ is a protein united with lecithin.
38. Malic acid ___ are formed by the action of acids.
39. Nutrition ___ is defined as correct nutrition.
40. Galactose ___ can also be defined as poor or inadequate nutrition, or slow starvation.
41. Hydrolysis ___ is the philosophy of stuffing people with high-denatured calorie foods.
42. Albumin ___ is sugar found in plants and animals and is formed by heat.
43. The Human is made up of ___ elements. ___ is named after Ceres, the goddess of the Harvest and are also called grains.
44. Coagulated proteins ___ are "King of Fruits."
45. Dextrose ___ are digestive juices produced by mental or emotional states, or conditions of pleasure.
46. Lecitho-protein ___ is a vegetable-base, acid-adhesive apparatus plant, which catches and digests their prey.
47. Vitamin K ___ are foodless, substances that over-stimulate eating, which causes one indigestion.
48. Compound proteins ___ are starches, fruits, and vegetables.
49. Butterwort plant ___ are ready, absorbable sugars containing only one sugar, such as in grapes.
50. Carbohydrate foods ___ are a loose definition of leaves, stems, roots and tubers, buds and flowers, seeds, and fruits.