



PAKISTAN NUTRITION & DIETETIC SOCIETY (PNDS)
Continuing Nutrition Education (Quiz)

CNE Topic: Nutritional Anemia

Name of the participant: _____ Date 28TH April 2012

1. A lack of intrinsic factor may lead to
 - a. Normocytic Anemia
 - b. pernicious Anemia**
 - c. microcytic Anemia
 - d. hemolytic Anemia

2. Which of these people is *least* likely to develop an iron deficiency?
 - a. 3-year-old boy
 - b. 52-year -old man**
 - c. 17-year-old girl
 - d. 24-year-old woman

3. Iron-deficiency anemia can cause pica, a rare condition in which a person craves eating nonfood items. Which of these would he or she eat?
 - a. ice
 - b. soil
 - c. clay
 - d. all of the above**

4. Which provides the most absorbable iron?
 - a. 1 apple
 - b. 1 c milk
 - c. 3 oz steak**
 - d. 1c spinach

5. Iron absorption is not by impaired by
 - a. tannins.
 - b. phytates.
 - c. oxalates.
 - d. MFP factor.**

6. A woman has rheumatoid arthritis and normocytic anemia. What is the most likely cause of the anemia?
 - a) Pernicious anemia.
 - b) Folic acid deficiency
 - c) Iron deficiency anemia
 - d) Anemia secondary to chronic disease**

7. Which of these are not signs of anemia?
 - a. pain and Numbness in hands and feet
 - b. Pale gums**
 - c. Dark circles under the eyes
 - d. Bleeding

8. Meat and dairy products are the main source of folic acid
 - a) A.True
 - b) B.False**

9. Alcoholism can reduce the absorption of folic acid
 - a) A.True**
 - b) B.False

10. Antibiotics and some drugs used against tuberculosis can obstruct the absorption of folic acid from your intestine.
 - A.True**
 - B.False