

Test yourself in immunomodulatory effects of food

Dalia H. El-Ghoneimy

Lecturer in Pediatrics, Ain Shams University

Choose only one answer:

- 1. Polyunsaturated fatty acids have the following effects except:**
 - a. Regulate the expression of genes for cytokines and adhesion molecules.
 - b. Delayed onset of action in pharmacological doses.
 - c. Increases the PGE2 synthesis by stimulated peripheral blood monocytes.
 - d. May reduce the risk of allergic diseases.
- 2. Which statement is true about lectin?**
 - a. It is a monosaccharide.
 - b. It interferes with the bacterial and viral attachment to the intestinal mucosa.
 - c. It is found to be bound to IgG in the alimentary canal.
 - d. It is an essential amino acid.
- 3. Choose the incorrect answer:**
 - a. Vitamin A decreases the morbidity and mortality of diarrheal diseases.
 - b. Vitamin C is an essential water-soluble antioxidant in cells and plasma.
 - c. Vitamin E is the most effective lipid-soluble antioxidant present in cell membranes.
 - d. Vitamin B6 is necessary for the formation of arginine.
- 4. Which statement is true about carotenoids?**
 - a. They are water-soluble pigments present in plants.
 - b. Tomato products are poor source of lycopene.
 - c. They have vitamin E activity.
 - d. Carotenoid-rich diet reduces the risk of cancer.
- 5. Choose the correct answer:**
 - a. Thiamin is a co-enzyme in carbohydrate and branched chain amino acids metabolism.
 - b. Folate is necessary for formation of cysteine.
 - c. Vitamin B6 has angiogenic properties.
 - d. Thiamin is a precursor of glutathione.
- 6. Acrodermatitis enteropathica is due to:**
 - a. Iron overload.
 - b. Magnesium deficiency
 - c. Zinc deficiency.
 - d. Selenium deficiency
- 7. The immunomodulatory effects of iron include all of the following except:**
 - a. Inhibits IFN- γ -mediated pathways in macrophages.
 - b. Blocks the transcription of inducible NO synthase.
 - c. Increases Th1 function with weakened Th2 cytokine production and function.
 - d. Impairs NK cells proliferation during states of deficiency and overload.
- 8. Probiotics might be beneficial in:**
 - a. Allergic diseases.
 - b. Inflammatory bowel diseases.
 - c. Juvenile chronic arthritis.
 - d. All of the above.
- 9. Prebiotics are:**
 - a. Intestinal microflora.
 - b. Non-digestible food ingredients that stimulate the growth of commensal flora.
 - c. Macronutrients.
 - d. Exogenous bacteria
- 10. All of the following could be manifestations of IgE-mediated food allergy except:**
 - a. Acute urticaria and angioedema.
 - b. Abdominal cramps and vomiting.
 - c. Anaphylaxis.
 - d. proctocolitis.
- 11. In celiac disease, all are true except:**
 - a. It is an IgE-mediated disease
 - b. The age distribution is bimodal, the first at 8-12 months and the second in the third to fourth decade.
 - c. Is due to gliadin hypersensitivity.
 - d. Is an extensive enteropathy leading to malabsorption

(Answers on page 52)