

Test yourself in immunomodulatory effects of food

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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)