

Nutrition and Aquaculture Quiz 2014

(Mark clearly the best answer.)

- Rice and fish are the staple food items in Asian fishing villages because_____.
 - they are cheap
 - they can be harvested by the villagers themselves
 - they are very nutritious
- Milkfish farming has been carried out about 400 years now in Indonesia, Taiwan, and the Philippines. Total production of milkfish in the Philippines is now:
 - 400,000 metric tons
 - 40,000 metric tons
 - 4,000,000 metric tons
- What production sector is the source of tilapias, carps, and *Macrobrachium* in Asia?
 - freshwater aquaculture
 - freshwater aquaculture and fisheries
 - marine aquaculture
- What is the major difference between marine fisheries and marine aquaculture?
 - done at sea vs done on the coast
 - former uses boats, latter uses no boats
 - sea hunting vs sea farming
- A hatchery is a place where fishes, crustaceans, mollusks, echinoderms, and other aquatic animals are propagated under controlled conditions. What fishes are produced in hatcheries at SEAFDEC/AQD?
 - Sandfish, tiger shrimp, tilapia
 - Seahorse, sandfish, rabbitfish
 - Milkfish, sea bass, sea horse
- Crustaceans and mollusks are good dietary sources of _____ needed for the proper functioning of the bones.
 - calcium and phosphorus
 - iodine and potassium
 - cholesterol and colostrum
- Name the animals being produced in the SEAFDEC hatchery to be stocked back on seagrass beds where they have become hard to find.
 - sea horse and sea cucumber
 - top shell and windowpane oyster
 - abalone and giant clams
- The last seafood I ate was the tamodyos or round scad *Decapterus macarellus*. Where do round scads come from?
 - Pond aquaculture
 - Pelagic fisheries
 - Cage aquaculture
- To have food security, Filipinos will have to reduce the _____.
 - consumption rates
 - birth rate
 - mortality rate
- Farmers raise fruits, vegetables, and meats such as:
 - Avocado, seaweeds, fish
 - Langka, kalabasa, mais
 - Atis, malunggay, palay
- Which of the food choices below contains the most protein?
 - 100 grams of rice
 - 100 grams of peanuts
 - 100 grams of tuna or panit
- Humans contain cholesterol in their bodies because:
 - They are animals.
 - They eat animals.
 - They eat plants.
- What vitamins have anti-oxidant activity and help protect us against cancer?
 - calcium and iron
 - Vit D and Vit K
 - Vit C and Vit E
- Children should spend enough time in the morning sun to have enough ____ for proper bone development.
 - Vitamin D
 - calcium and phosphorus
 - protein
- What mineral is needed for proper functioning of the biomolecule that carries oxygen in mammals?
 - hemoglobin
 - calcium
 - iron
- Fish are rich in proteins, unsaturated fats, and _____.
 - carbohydrates
 - calcium and iron
 - heavy metals

17. Look under your chair. This snack food is a kind of seafood because it contains carageenan from the seaweed:
- guso
 - nori
 - lato
18. Hypertension is not common problem among children because _____.
- cholesterol plaques have not yet built up in the blood vessels
 - children are stronger
 - children hate eggs and crabs
19. The scientific name of the snail bagongon used in vegetable dishes is _____.
- Achatina fulica*
 - Cerithidea cingulata*
 - Telescopium telescopium*
20. Fish liver oil can be used to treat the condition known as rickets because it is a good source of:
- Vitamin A
 - Vitamin B
 - Vitamin D
21. Rice has complex carbohydrates and fiber and vitamins and is good for people. Rice bran is used in aquaculture feeds as a source of energy and _____.
- Vitamin A
 - Vitamin B complex
 - Vitamin C
22. What enzyme digests shrimps and crabs in the stomach?
- amylase
 - protease
 - lipase
23. Which statement is false?
- Rice is cholesterol-free and sugar-free.
 - Rice is produced from agriculture.
 - Rice is high in protein and fat.
24. Sinandomeng, IR 64, Pilit, Rosa are all varieties of _____ rich in carbohydrates.
- bananas
 - potatoes
 - rice
25. Northern and eastern Iloilo produces plenty of _____.
- rice and corn
 - fresh fish and dried fish
 - pork and beef
26. Tuloy and tahong are _____.
- glow food
 - grow food
 - go food
27. Children with cholera who vomit and defecate a lot should be given _____.
- salt and sugar solution
 - plenty of water
 - antibiotics prescribed by a doctor
28. When sailors of long ago did not get enough vitamin C, they became _____.
- stupid
 - night-blind
 - toothless
29. Durian and avocado are unusually rich in _____.
- fat
 - vitamins and minerals
 - protein
30. Short parents can have tall children if they _____.
- become mutants.
 - become tall first.
 - feed children adequate and nutritious meals.
31. Calamities can cause malnutrition because _____.
- Food can not be produced or transported.
 - Tsunamis kill people.
 - Yolanda destroyed many fishing boats.
32. Aquaculture is sometimes called the _____.
- Blue Revolution
 - Green Revolution
 - Red Revolution
33. Give the scientific name of the sea vegetable gulaman. _____
34. Give the scientific name of the green vegetable kangkong. _____
35. Give the theme of this year's Nutrition Month.