



## Science :

1. Which nutrient a person with anemia lacks?  
a. protein                      b. calcium                      c. Vit. B                      **d. iron**
2. Lack of protein in the diet of children may result to \_\_\_\_\_.  
a. gout                      b. diabetes                      c. scurvy                      **d. kwashiorkor**
3. \_\_\_\_\_ affects the amount of nutrients required by a person.  
a. sex                      b. age                      c. mass                      **d. a, b and c.**
4. \_\_\_\_\_ is a psychiatric disease where a person has unreasonable fears of getting obese.  
a. diabetes mellitus                      **b. anorexia nervosa**  
c. pellagra                      d. anemia
5. Malnutrition happens when there is a \_\_\_\_\_ of nutrients absorbed by the body.  
a. insufficiency                      b. excess                      **c. a and b**                      d. none of a and b

## Social Studies:

1. \_\_\_\_\_ refers to the fact that a sleep-deprived individual will tend to take longer falling asleep during subsequent opportunities for sleep.  
a. Sleep analysis                      b. Sleep prolongation  
**c. Sleep rebound**                      d. Sleep return
2. Which of the following brain areas maintains the sleep-wake cycle?  
a. pons                      b. hypothalamus                      c. thalamus                      **d. a, b and c**
3. In the term REM, M stands for \_\_\_\_\_.  
a. morning                      b. measure                      c. meaning                      **d. movement**
4. The pineal gland produces \_\_\_\_\_ to help regulate the circadian rhythm.  
a. ADH                      b. luteinizing hormone  
**c. melatonin**                      d. insulin
5. The consistent difficulty in falling and staying awake is referred to as \_\_\_\_\_.  
a. apnea                      **b. insomnia**                      c. narcolepsy                      d. sleep walking