

eExam Question Bank

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<input type="checkbox"/>	Question Type	Question	A	B	C	D	Answer	Remark
<input type="checkbox"/>	FBQ	Animal proteins are regarded as first class protein because they contain <input type="text"/>	all the essential amino acid					eExam
<input type="checkbox"/>	FBQ	Antioxidants protect your cells against the damaging effects of <input type="text"/>	free radicals	oxidation				eExam
<input type="checkbox"/>	FBQ	Smoking and moderate regular intake of alcohol are vital risk factors that may <input type="text"/>	Elevate Blood Pressure	Cause Hypertension				eExam
<input type="checkbox"/>	FBQ	<input type="text"/> _is more common in younger individuals	Malignant Hypertension	Malignant High Blood Pressure				eExam
<input type="checkbox"/>	FBQ	<input type="text"/> _is developed without apparent causes	Essential Hypertension	Primary Hypertension				eExam
<input type="checkbox"/>	FBQ	Hypertension can be grouped into essential and <input type="text"/> _Hypertension	Malignant					eExam
<input type="checkbox"/>	FBQ	A systolic pressure below 110mm Hg and a diastolic below 70mm Hg is an indicator of <input type="text"/>	Hypotension	low blood pressure				eExam
<input type="checkbox"/>	FBQ	"A condition in which a person has a higher blood pressure than judged to be normal" is referred to as <input type="text"/>	Hypertension	High Blood Pressure				eExam
<input type="checkbox"/>	FBQ	Malnourished Children who are above seven months can be managed effectively with <input type="text"/> _Complementary food	Locally available					eExam

<input type="checkbox"/>									
<input type="checkbox"/>	FBQ	Kwashiokor and marasmic kwashiokor patient needs to be given adequate energy intake of <input type="text"/> before they start to lose oedema fluid	58.3kilo-calorie per kg per day	58.3kcal/kg/day					eExam
<input type="checkbox"/>	FBQ	Those children who have both the signs of kwashiokor and marasmus are said to have <input type="text"/>	marasmic kwashiokor						eExam
<input type="checkbox"/>	FBQ	Some of the symptoms of kwashiokor are oedema, sparse hair and <input type="text"/>	moon face	apathy					eExam
<input type="checkbox"/>	FBQ	The type of dietary iron that is very well absorbed in the body is <input type="text"/>	haem iron	heme iron					eExam
<input type="checkbox"/>	FBQ	The pattern for PEM are kwashiokor, marasmum and <input type="text"/>	marasmic kwashiokor						eExam
<input type="checkbox"/>	FBQ	Leafy vegetables, beans with skin, white maize and flavouring agent are some of foods to be avoided by client on <input type="text"/>	soft fiber restricted diet						eExam
<input type="checkbox"/>	FBQ	Modification of the normal diet for therapeutic purposes is one of the method of maintaining or restoring <input type="text"/>	adequate nutrition for patients						eExam
<input type="checkbox"/>	FBQ	Ensuring that client consume diets that will enhance optimum provision of adequate nutrients during the disease status/state is the primary aim of <input type="text"/>	diet therapy						eExam
<input type="checkbox"/>	FBQ	Poor knowledge of the community, lack of resources both human and material are some of the barriers to <input type="text"/>	effective nutrition education						eExam
<input type="checkbox"/>	FBQ	Group discussion and peer nutrition education are some of the methods of <input type="text"/>	Disseminating nutrition education						eExam

<input type="checkbox"/>									
<input type="checkbox"/>	FBQ	Assisting the community or individual to identify false nutritional advertisement is one of the <input type="text"/>	nutritional goal						eExam
<input type="checkbox"/>	FBQ	<input type="text"/> permits the client to commit himself or herself to total care of the counselor on regular basis till remarkable change in dietary habits is observed	Nutritional counseling						eExam
<input type="checkbox"/>	FBQ	<input type="text"/> can be defined as a positive change in dietary habits of an individual or that of a community	Nutrition education						eExam
<input type="checkbox"/>	FBQ	The dissemination of nutritional Knowledge on different types of foods, their values, and their usefulness to the body is referred to as <input type="text"/>	nutrition information						eExam
<input type="checkbox"/>	FBQ	When the waist line for adult female is greater than <input type="text"/> , it is regarded as obesity	88cm	35 inches					eExam
<input type="checkbox"/>	FBQ	When the waistline for adult male is greater than <input type="text"/> _, it is regarded as obesity	102cm	40 inches					eExam
<input type="checkbox"/>	FBQ	The waist size is also an indicator of <input type="text"/>	obesity						eExam
<input type="checkbox"/>	FBQ	For men, risk of all disease increase when the WHR (Waist Hip Ratio) is above <input type="text"/>	1						eExam
<input type="checkbox"/>	FBQ	Risk of all disease increase in women when the WHR (Waist Hip Ratio) is above <input type="text"/>	0.8						eExam
<input type="checkbox"/>	FBQ	The nutritional assessment that require a thorough examination from head to toe by a professional health provider is <input type="text"/>	Clinical assessment						eExam

<input type="checkbox"/>									
<input type="checkbox"/>	FBQ	Dietary recall is to ask individual to recall all that he or she has eaten for three or <input type="text"/> days	seven						eExam
<input type="checkbox"/>	FBQ	The method of assessment that is carved out by dietary recall or record is referred to as <input type="text"/>	Dietary survey						eExam
<input type="checkbox"/>	FBQ	The nutritional assessment method that requires the taking of blood,urine, stool sample is referred to as <input type="text"/>	biochemical assessment						eExam
<input type="checkbox"/>	FBQ	Waist height ratio for both male and female should not be greater than <input type="text"/>	0.5						eExam
<input type="checkbox"/>	FBQ	A waist hip ratio of more than one for male is a sign of <input type="text"/>	abdominal obesity						eExam
<input type="checkbox"/>	FBQ	A normal WHR (waist Hip Ratio) for female should be <input type="text"/>	Less than 0.81						eExam
<input type="checkbox"/>	FBQ	WHR (waist hip ratio) is calculated by dividing the <input type="text"/>	waist size by the hip measurement						eExam
<input type="checkbox"/>	FBQ	A BMI of greater than 40.0 is regarded as <input type="text"/>	Morbid obesity						eExam
<input type="checkbox"/>	FBQ	A person is classified as being overweight if the BMI is <input type="text"/>	25.0 to 29.9						eExam
<input type="checkbox"/>	FBQ	A person with BMI of <input type="text"/> is classified as obese	30 to 39.9						eExam
<input type="checkbox"/>	FBQ	The BMI for a normal weight adult is between <input type="text"/>	18.5 and 24.9						eExam
<input type="checkbox"/>	FBQ	A BMI of less than 18.5 is an indicator of <input type="text"/>	underweight						eExam
<input type="checkbox"/>	FBQ	BMI is calculated by dividing <input type="text"/>	weight in (kg)by height in meter square	weight in kg by height in m2					eExam

<input type="checkbox"/>									
<input type="checkbox"/>	FBQ	The BMI describes <input type="text"/> for the adults	Generalized body fat						eExam
<input type="checkbox"/>	FBQ	weighing scale, calibrated fibre tape, herpenenden's caliper and hightometer are the tools needed for <input type="text"/>	Anthropometric measurement						eExam
<input type="checkbox"/>	FBQ	The major anthropometric technique to assess the adults are body mass index (BMI), waist hip ratio and <input type="text"/>	skinfolds thickness						eExam
<input type="checkbox"/>	FBQ	The method of nutritional assessment that measures length, weight, height,middle upper arm circumferences and skinfold thickness is <input type="text"/> --	anthropometric technique						eExam
<input type="checkbox"/>	FBQ	There are <input type="text"/> methods of assessing nutritional status	four						eExam
<input type="checkbox"/>	FBQ	A combination of legume and cereal for complementary food is advised because legume supplies <input type="text"/> which is the limiting amino acid in grain	lysine						eExam
<input type="checkbox"/>	FBQ	<input type="text"/> is the limiting amino acid in legume	methionine						eExam
<input type="checkbox"/>	FBQ	The protein content of grain which ranges from 7 to 10 percent is reduced to less than <input type="text"/> because of sieving during preparation	one percent	1 percent					eExam
<input type="checkbox"/>	FBQ	A good complementry food should be a combination of <input type="text"/>	legumes and grains						eExam
<input type="checkbox"/>	FBQ	The most popular complementary food in Nigeria is <input type="text"/>	corn/maize	guinea corn or millet					eExam

<input type="checkbox"/>									
<input type="checkbox"/>	FBQ	Soaking and fermentation are some of the ways to <input type="text"/> __these inhibitors	remove						eExam
<input type="checkbox"/>	FBQ	The anti- nutritive inhibitors in legumes and oilseeds are oxalate, trypsin and <input type="text"/>	tannins						eExam
<input type="checkbox"/>	FBQ	Examples of anti -nutritive inhibitors in cereals like maize, millets are phytate and <input type="text"/>	tannins	phytic acid					eExam
<input type="checkbox"/>	FBQ	Most of the foodstuffs used for complementary feeding contains <input type="text"/> which binds some the nutrient and make them unavailable to the baby after feeding.	anti-nutritive factors	anti-nutrients					eExam
<input type="checkbox"/>	FBQ	Complementary foodstuffs should be adequate in <input type="text"/> to sustain optimal growth	protein						eExam
<input type="checkbox"/>	FBQ	Complementary foods should be a combination of varieties of locally available and <input type="text"/> foodstuffs	nutritious						eExam
<input type="checkbox"/>	FBQ	One of the characteristics which complementary foodstuffs should possess is the ability to supply adequate energy to meet the infants daily <input type="text"/>	energy requirement						eExam
<input type="checkbox"/>	FBQ	Both recent and previous studies have shown that infantile malnutrition begins from <input type="text"/>	seven months	7 months					eExam
<input type="checkbox"/>	FBQ	The gradual or total withdrawal of breastmilk from the infant is referred to as <input type="text"/>	Weaning						eExam
<input type="checkbox"/>	FBQ	Complementary feeding usually commences after the age of <input type="text"/>	six months	6 months					eExam

<input type="checkbox"/>									
<input type="checkbox"/>	FBQ	<input type="text"/> is to complement breast feeding	Complementary feeding						eExam
<input type="checkbox"/>	FBQ	The foodstuffs given to infants in addition to breastmilk is known as <input type="text"/>	complementary feeds						eExam
<input type="checkbox"/>	FBQ	During food presentation having a bigger plate is encouraged since this will disallow crowding of <input type="text"/>	food items						eExam
<input type="checkbox"/>	FBQ	<input type="text"/> is an attempt to add colour or flavour to make the dish appealing and tasty	garnishing						eExam
<input type="checkbox"/>	FBQ	<input type="text"/> is the act of presenting foods prepared in a plate.	food presentation						eExam
<input type="checkbox"/>	FBQ	Regardless of the method used in food preparation, some the nutrients are lost, especially <input type="text"/> vitamins	water soluble						eExam
<input type="checkbox"/>	FBQ	The frying of palm oil leads to loss of <input type="text"/> in the palm oil	beta- carotene						eExam
<input type="checkbox"/>	FBQ	<input type="text"/> is the term given to those children who do not have enough food of any kind.	Marasmus						eExam
<input type="checkbox"/>	FBQ	One of the rationale for cooking food is to destroy all <input type="text"/>	pathogenic agents	bacteria and viruses					eExam
<input type="checkbox"/>	FBQ	Food borne disease can be prevented by keeping hot food hot, cold food cold and keeping all utencils, raw Foodstuffs and kitchen <input type="text"/>	clean						eExam
<input type="checkbox"/>	FBQ	Albumen is an example of <input type="text"/> protein	simple						eExam
<input type="checkbox"/>	FBQ	A combination of two important plant protein sources will give us <input type="text"/>	complementary protein						eExam

<input type="checkbox"/>								
<input type="checkbox"/>	FBQ	Digestion of fat starts in the _____	small intestine					eExam
<input type="checkbox"/>	MCQ	Which of these options is not an antioxidant?	vitamin C	vitamin A	zinc	calcium	D	eExam
<input type="checkbox"/>	MCQ	The recommended daily requirement for water is _____	2 litre or 8 cups	1Litre or 4 cups	1/2 Litre or 2 cups	none of the options	A	eExam
<input type="checkbox"/>	MCQ	_____ serves as solvent for nutrients, it liquifies food so that it can be properly digested	fats/oils	minerals	water	vitamin	C	eExam
<input type="checkbox"/>	MCQ	Which of these options is not among the health benefits of soluble fibre?	delays glucose absorption	increases fecal weight	lower blood cholesterol	none of the options	B	eExam
<input type="checkbox"/>	MCQ	Which of these options is not a soluble fibre?	pectin	gum	mucilage	lignin	D	eExam
<input type="checkbox"/>	MCQ	_____ is the component of plant cell wall that resist digestion by secretions of human eliminatory tract	protien	fibre	water	oil	B	eExam
<input type="checkbox"/>	MCQ	Deficiency of vitamin D leads to _____	osteomalacia in adult	rickets in children	poor teeth	chelosis	D	eExam
<input type="checkbox"/>	MCQ	Which of these options is not a B group vitamin?	retinol	cobalamin	riboflavin	pyridoxine	A	eExam
<input type="checkbox"/>	MCQ	Which of these options is among the water soluble vitamin ?	vitaminE	vitamin B	vitamin A	vitamin D	C	eExam
<input type="checkbox"/>	MCQ	Vitamins are substances _____ needed by the body in minute quantities but essential for normal metabolism	organic	inorganic	semi-organic	none of the options	A	eExam
<input type="checkbox"/>	MCQ	Selenium is part of enzyme that work with _____ to fight free radicals in the body	vitaminE	vitamin D	vitamin B	vitamin A	A	eExam
<input type="checkbox"/>	MCQ	_____ is part of insulin that helps to transport glucose	copper	manganese	selenium	chromium	D	eExam
<input type="checkbox"/>	MCQ	Which of these options is a macro-mineral	calcium	iodine	zinc	manganese	A	eExam
<input type="checkbox"/>	MCQ	_____ was the first person to work on Nitrogen balance studies using dogs as experimental animals	Garrow and James	Voit C	Vinc C	Lavoisier	B	eExam
<input type="checkbox"/>	MCQ	_____ provided quantitative knowledge of nutritional requirement for man	Davidson and Passmore	Sherman	Lavoisier	Luis pasteur	B	eExam

<input type="checkbox"/>	MCQ	_____ disease is associated with population subsisting mainly on corn	Beri-beri	Scuvry	Pellegra	Chelosis	C	<input type="checkbox"/> eExam
<input type="checkbox"/>	MCQ	_____ discovered that children consume more food than adults	Davidson and Passmore	Garrow and James	Hippocrates	Bernard	C	<input type="checkbox"/> eExam
<input type="checkbox"/>	MCQ	Davidson and passmore identified _____ to be responsible for beri -beri	ascorbic acid	riboflavin	cynocobalamin	thiamin	D	<input type="checkbox"/> eExam
<input type="checkbox"/>	MCQ	_____ prepared the first food composition table	Garrow and James	Bernard	Atwater, W .D	Sherman	C	<input type="checkbox"/> eExam
<input type="checkbox"/>	MCQ	Increased usage of pesticides and fertilizers may result to _____ of food stuff	increased quality	reduced quality	optimal quality	none of the options	B	<input type="checkbox"/> eExam
<input type="checkbox"/>	MCQ	Incease in consumption of highly refined carbohydrates may lead to increase in _____	type 1 diadetes	type 11 diabetes	cancers	osteoporosis	B	<input type="checkbox"/> eExam
<input type="checkbox"/>	MCQ	_____ is the quality and quantity of essential nutrients that each food contains that will promoth and rehabilitategood health.	food process	food storage	food value	food fad	C	<input type="checkbox"/> eExam
<input type="checkbox"/>	MCQ	_____ is the utilization of the nutrients in the body system in order to restore, maintain and promote quality and healthful life.	Food security	nutrition security	nutrient security	none of the options	B	<input type="checkbox"/> eExam
<input type="checkbox"/>	MCQ	The patterns of PEM include the following except _____	kwashiorkor	marasmus	marasmic-kwashiokor	Chelosis	D	<input type="checkbox"/> eExam
<input type="checkbox"/>	MCQ	A diet that contains all essential nutrients in the right proportion at a sitting is referred to as _____	adequate diet	inadequate diet	normal diet	therapeutic diet	B	<input type="checkbox"/> eExam
<input type="checkbox"/>	MCQ	_____ are the very small molecules that are also part of food composition needed in small quantities in the body but are very essential to health	Macronutrient	Micronutrient	Microminerals	macrominerals	B	<input type="checkbox"/> eExam
<input type="checkbox"/>	MCQ	Protien, fats, vitamins, minerals, water, and carbohydrates are examples of _____	foods	nutrients	vegetables	fruits	B	<input type="checkbox"/> eExam
<input type="checkbox"/>	MCQ	_____ is the chemical component of food that supply nourishment to the body	Fruits	Vegetables	Nutrients	Nutrition	C	<input type="checkbox"/> eExam
<input type="checkbox"/>	MCQ	_____ play impotant role as building and regulatory substance	Protiens	carbohydrate	fat/oil	minerals	D	<input type="checkbox"/> eExam

<input type="checkbox"/>	MCQ	Minerals are classified into_____	Macro and micro minerals	minor and major	mini and midi minerals	option A and B	A	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	_____cannot be chanded during digestion	Protiens	fat	sucrose	minerals	D	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	The end product of fat digestion does not include _____	fatty acid	glycerol	glyceride	gluconate	D	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	Palm oil contains a lot of palmitic acid which is made up of _____	unsaturated fat	refined fat	saturated fat	unrefined fat	C	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	Digestion of fat starts in the _____-	large intestine	small intestine	mouth	none of the options	B	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	Which option is not a function of fat?	protects the internal organ	supplies energy	transports fat soluble vitamin	helps in body building and growth	D	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	Lipids are classified into _____-	two	three	four	five	A	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	When plant protien is added to animal protien it becomes _____	Supplementary protien	complementary protien	sustainable protien	all of the options	A	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	A combination of two important plant protien sources will give us _____	supplementary protien	complementary protien	sustainable protien	all of the options	B	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	Animal protiens are regarded as first class protien because they contain _____	some esential amino acid	few essential amino acid	all the essential amino acid	none of the options	C	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	Nutritional liver disease is commonly observed in the following except _____	alcoholic patient	kwashiokor	option A and B	none of the options	C	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	Another name for Protien Energy Malnutrition (PEM) is _____	PCM	POM	PPM	PUM	A	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	Protien energy malnutrition is a deficiency disease of _____	fat	minerals	protien	carbohydrate	C	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	The recommended allowance for protien for adult man and woman is _____	one gram per kg of body weight (1g/kg of body weight)	3g/ kg of body weight	3g/kg of body weight	4g/kg of body weight	A	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	The main protien connective tissue called collagen is digested by _____	pepsin	trypsin	maltase	lactase	A	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	The essential amino acid in protien are necessary for _____	energy	body building and repairment	protection	all of the options	B	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	The word protien means _____	To come first	to be important	to come last	to be useful	A	<input type="button" value="eExam"/>

<input type="checkbox"/>								
<input type="checkbox"/>	MCQ	Digestion of carbohydrate begins in the _____	small intestine	large intestine	mouth	none of the options	C	eExam
<input type="checkbox"/>	MCQ	The following enzymes are found in the intestine except _____ -	ptyalin	sucrase	maltase	Lactase	A	eExam
<input type="checkbox"/>	MCQ	_____ spares protien of being used as a source of energy	fat/oil	carbohydrate	vitamin	minerals	B	eExam
<input type="checkbox"/>	MCQ	Minerals and vitamins in our diet perform certain _____ function	growth	regulatory	activity	all of the options	B	eExam
<input type="checkbox"/>	MCQ	one of the major causes of childhood malnutrition in the developing countries is _____	Skin colour	advertisement	religion/culture	gender	C	eExam
<input type="checkbox"/>	MCQ	Which of the following options is not a factor that affects food choices	family influence	advertisement	religion	skin colour	D	eExam
<input type="checkbox"/>	MCQ	The end product of carbohydrate digestion is _____	fructose	maltose	glucose	Galactose	C	eExam
<input type="checkbox"/>	MCQ	Energy requirement is increased during all the following except ____	pregnancy	lactation	infancy	old age	D	eExam
<input type="checkbox"/>	MCQ	One grain of carbohydrate will supply _____ to the body	3 kilocalorie	7 kilocalorie	5 kilocalorie	4 kilocalorie	D	eExam
<input type="checkbox"/>	MCQ	_____ is popularly referred to as milk sugar	Glucose	fructose	Lactose	Galactose	C	eExam
<input type="checkbox"/>	MCQ	Monosaccharides are examples of _____	complex carbohydrate	simple carbohydrate	options A and B	none of the options	B	eExam
<input type="checkbox"/>	MCQ	The type of carbohydrate that are easily digestible by humans and animals are _____	simple carbohydrate	complex carbohydrate	polysaccharide	all of the options	A	eExam
<input type="checkbox"/>	MCQ	A _____ person has good appetite	sick	healthy	matured	all of the options	B	eExam
<input type="checkbox"/>	MCQ	Which of these options is the body building material in foods ?	carbohydrate	protien	vitamin	fat/oil	B	eExam
<input type="checkbox"/>	MCQ	Which option is not an energy giving nutrient? _____ -	carbohydrate	fats/oil	vitamin	none of the options	C	eExam
<input type="checkbox"/>	MCQ	The primary function of food is to supply _____	Vitamin	minerals	energy	none of the options	C	eExam
<input type="checkbox"/>	MCQ	The ways in which human beings use food which includes selection, touch, smell and presentation is referred to as _____	food habits	food fad	food processing	food storage	A	eExam

<input type="checkbox"/>	MCQ	Food habit is also referred to as _____	food culture	food fad	food processing	all of the options	A	eExam
<input type="checkbox"/>	MCQ	Which of the options is a good source of calcium?	rice	beans	bones	magerine	C	eExam
<input type="checkbox"/>	MCQ	_____ is listed as the 9th amino acid essential for infants	threonine	tryptophan	histidine	methionine	C	eExam
<input type="checkbox"/>	MCQ	The passage of accumulated glucose from the blood into the urine is referred to as _____	diabetes	hypertension	hypercholestralamia	none of the options	A	eExam
<input type="checkbox"/>	MCQ	The warning signs of diabetes include all except _____	frequent urination	loss of weight	marked fatigue	fast healing of cuts	D	eExam
<input type="checkbox"/>	MCQ	Which of the following options is not among the predisposing factors of NIDDM?	family history of overweight	inactivity	exercise	gender	C	eExam
<input type="checkbox"/>	MCQ	A person with NIDDM should be asked to do all the following except	Maintain an ideal body weight	reduce sugar intake	exercise daily	increase fat intake	D	eExam
<input type="checkbox"/>	MCQ	Another name for (NIDDM) Non Insulin Dependent Diabetes is _____	type 1 diabetes	type 2 diabetes	type 3 diabetes	type 4 diabetes	B	eExam
<input type="checkbox"/>	MCQ	Minerals are classified into_____	Macro and micro minerals	minor and major	mini and medium minerals	option A and B	A	eExam
<input type="checkbox"/>	MCQ	_____ play important role as building and regulatory substance	Proteins	carbohydrate	fat/oil	minerals	D	eExam
<input type="checkbox"/>	MCQ	Palmitic acid is made up of _____	unsaturated fat	saturated fat	refined fat	unrefined fat	B	eExam
<input type="checkbox"/>	MCQ	The end product of fat digestion does not include _____	fatty acid	glycerol	glyceride	gluconate	D	eExam

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