Final Nutrition Exam

2nd year   / 2015 - 2016

Date / 25- 5 -2016   **Time / 2 hours**   **Total Marks / 60**

1- True & False questions   **(9 marks)**

1- Daily calcium requirement for adult are 800-1200 mg/day   (T) (F)

2- Pregnant women intake adequate amount of lipids which lead to

formation of enzymes and body tissue   (T) (F)

3- Enough sleep is a cause of obesity   (T) (F)

4- Nutritional deficiency of protein in extremities are bone tenderness   (T) (F)

5- Gastric bypass is a type of weight loss surgery which has less side effect(T) (F)

6- Lack of vitamin D leads to Impaired night vision   (T)   (F)

7- Pregnant women needed adequate amount of fiber to growth the fetus (T)   (F)

8- Food myths is one of factor affecting nutrition status   (T)   (F)

9- High blood pressure in obesity due to low level of triglycerides and LDL (T)(F)

10- Omega 3 is one source of saturated fats   (T)   (F)

11- Iodine is a macro mineral   (T)   (F)

12- Vitamin B is fat soluble vitamin   (T)   (F)

13- Carbohydrates are the fuel for body heats and energy   (T)   (F)

14- Vitamin C deficiency lead to impaired sexual maturation   (T)   (F)

15- Marasmus is deficiency of protein   (T)   (F)

16- Iodine deficiency cause mental retardation   (T)   (F)

17- Deficiency of vitamin K cause bleeding   (T)   (F)

18- Calcium is a macromineral   (T)   (F)

2-Multiple choice questions   (18marks)

1- **Micronutrients needed smaller quantities includes:**
   a) Carbohydrates
   b) Fats
   c) Water
   d) Minerals

2- **Direct method of nutritional assessment are:**
   a) Anthropometric method
   b) Vital health factor
   c) Economic factor
   d) Ecological factor

3- **Biochemical markers that determine dehydration are:**
   a) Body mass index
   b) Hip ratio
   c) Urea and creatinine ratio
   d) Urine microscopy for albumin

4- **Obesity is the result of some factor can't change such as:**
   a) Life style
   b) Family history
   c) Habits
   d) Sedentary life

5- **Lipid are essential for pregnant women to meet the needs of growing a baby such as:**
   a) Rapid growth
   b) Growth vision
   c) Proper eye and brain formation
   d) Cell differentiation

6- **The complex type of carbohydrate are:**
   a) Monosaccharides
   b) Polysaccharides
   c) Disaccharides
   d) A and C

7- All the following are the element of mineral <u>Except</u> ?
   a) Potassium
   b) Sodium
   c) Amino acid
   d) Iron

8- Which of the following are nutritional intervention for decrease morning sickness?
   a) Increase intake of fiber
   b) Eating high carbohydrate food early in the morning
   c) Increase intake of dairy products
   d) Increase intake of calcium

9- The healthy weight range according WHO classification of the body mass index is

   a)<18.5   b)25-30
   c)18.5-24.5   d)>30-40

10- The most conditions that lead to heart disease include.

   1. high cholesterol level   2. low blood pressure.

   3. obesity   4. high blood pressure.

<u>Choose</u>

a. 1,2,3   b. 1,3,4   c. 1,4 only   d. 1,3 only

11- Calcium deficiency for children cause

   a. scurvy   b. osteomalacia

   c. osteoporosis   d. growth retardation

12- Potassium deficiency leading to:

   1. osteoporosis   2. muscle cramping and weakness

   3. impaired fetal growth   4. irregular heart rhythms

<u>Choose</u>

a. 1 ,4   b. 2,4   c. 2,3   d. all of them

3

13- Malnutrition is a group of conditions related to

1- poor quality of nutrient intake

2- sufficient quantity of nutrient intake

3-insufficient quantity of nutrient intake   4- malabsorption

<u>Choose</u>

a. 1,3,4   b.1, 2 ,4   c. 2,4 only   d. 3,4 only

14- Deficiency of vitamin K cause

a. Rickets   b. neurologic deficits

c. bleeding   d. scurvy

15- Water soulable vitamins include

a. vitamins A, D   b. vitamins E, K

c. vitamins A, K   d. vitamins B, C

16- Deficiency of Zinc cause:

1- Impaired growth   2- delayed sexual maturation

3- delay wound healing   4- goiter

<u>Choose</u>

a. 1,2,3   b. 2,3,4   c. 1,2,4   d. all of them

17-The essential macronutrient include

1- protein   2- carbohydrates

3-vitamins and minerals   4- fats

<u>Choose</u>

a. 1,3,4   b.1, 2 ,4   c. 2,3,4   d. all of them

18 - Fat soluble vitamins include:

1- vitamin A   2- vitamin E, and K

3- vitamin B, C   4- vitamin D

Choose

a. 1,3,4   b.1, 2 ,4   c. 2,3,4   d. all of them

3) Define the following:(2 marks)

1- The obesity

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2- The nutrition

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4) Give short Account on: (25 marks)

1- The causes of obesity   (4 Marks)

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2- The direct methods of nutritional assessment   (4 Marks)

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3- The nutrient component for pregnant women (4 Marks)

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4- Two types of lipids (3 Marks)

a-..

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b-..

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5- Diet for chronic renal failure (5 marks)

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6- Diet for liver disease (5 marks)

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5- Compare between Kwashiorker and Marasmus (6 marks)

Kwashiorker	Marasmus
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Good luck