

Course No: NUTR 2204A  
Course Title: Nutrition in Emergency  
Date: 29/05/2017  
No. of Questions: ( 10 )  
Time: 2 hours  
Using Calculator (No)

University of Palestine



Final Exam  
2016/2017  
Total Grade:50

Instructor Name: Dr Mohammed Srouf  
Student No.: \_\_\_\_\_  
Student Name: \_\_\_\_\_  
College Name: Pharmacy  
Dep. / Specialist: Nutrition & Health  
Using Dictionary (No)

### Question One:

A) Put (T) for true answers and put (F) for false answers, and correct the wrong one...

1. The provision of the correct amounts of energy and nutrients is sufficient if the foods are acceptable or familiar to the population ( ).
2. Estimating food and nutritional needs in post-emergency phase is thus more complex, since it requires an analysis of the extent to which populations are able to meet their food needs through their own means ( ).
3. Supporting self-reliance is important to enhance the capacities and self-esteem of the affected population and may contribute to increasing dependence on food aid. ( ).
4. Distribution of cooked food to large populations should be avoided except as a temporary measure ( ).
5. Items such as salt, sugar, tea, and spices are intended to increase the palatability of relief foods ( ).
6. Spices have direct nutritional value, but they greatly enhance the taste of other (possibly unfamiliar) foods, thus encouraging consumption and better nutrition ( ).
7. As a rule, people should bring their own receptacles to collect their rations, people who didn't bring their bags or cans shouldn't be given food assistance ( ).
8. Blanket supplementary feeding programmes should be needed only temporarily when malnutrition rates (weight-for-height below median -3SD) exceed 15%, or 10% in the presence of other aggravating factors ( ).
9. Therapeutic feeding is required to reduce the death rate among infants and young children suffering from severe protein-energy malnutrition PEM ( ).
10. Cooking is advisable, however, for children under 2 years old ( ).

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## Question Two:

Select the best answer:

- 1- The temporary substitution rations for common food items in emergencies are the following Except:
  - A) Blended food for beans 1:1
  - B) Sugar for oil 2:1
  - C) Cereal for beans 2:1
  - D) Oil for cereal 3:1
- 2- During the initial phase of the emergency, populations are most likely to be....
  - A) Entirely reliant on food aid
  - B) Partially reliant on food aid
  - C) Entirely self dependant
  - D) Partially self dependant
  - E) B+D
- 3- In all situations, a number of factors and considerations should be taken into account when examining the potential of self-reliance activities, Except:
  - A) Impact of existing and potential self-reliance activities,
  - B) Long-term sustainability of self-reliance activities,
  - C) Discouragement of activities that may be illegal or socially undesirable or that are regarded as “survival” activities,
  - D) Increasing the other sources of income,
- 4- In the components of a humanitarian information system include the following Except:
  - A) Baseline vulnerability and poverty analysis/ assessments
  - B) Early warning
  - C) Vulnerability mapping
  - D) Emergency need assessment
  - E) Program monitoring and evaluation
- 5- Selective food distribution programmes, which are logistically more.....Except:
  - A) Difficult,
  - B) Costly,
  - C) Accessible,
  - D) Time-consuming,
- 6- During organizing general dry ration distributions, when large groups are involved, .....are usually required
  - A) Distribution for everyone,
  - B) For lists,
  - C) For vouchers,
  - D) For family ration cards,

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- 7- Large-scale distribution of cooked food should be avoided except as a short-term measure that stops as soon as people have the necessary resources to prepare their own meals, the reasons are the including the following..... Except:
- A) Difficult to meet the needs of young children for frequent small meals
  - B) Incorrect amounts of food are allocated when relief workers
  - C) Easy to avoid cross-contamination
  - D) Culturally inappropriate
- 8- The supplementary food should provide.....
- A) 400-600 kcal<sub>th</sub> per beneficiary per day and should include 15-25 g of protein.
  - B) 500-600 kcal<sub>th</sub> per beneficiary per day and should include 15-25 g of protein.
  - C) 500-700 kcal<sub>th</sub> per beneficiary per day and should include 15-25 g of protein.
  - D) 600-700 kcal<sub>th</sub> per beneficiary per day and should include 15-25 g of protein.
- 9- Effective therapeutic feeding requires the following:
- A) Well trained personnel,
  - B) Professional supervision,
  - C) Adequate resources,
  - D) A+B+C,
- 10- In emergencies the most important immunization are the following Except:
- A) Measles,
  - B) Meningitis,
  - C) Ebola,
  - D) Poliomyelitis,

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**Question Three:**

**(A) Why monitoring and following-up the adequacy of food ration is crucial, and what are the monitoring mechanisms, and what are differences between rabid assessment and food basket monitoring tools?**

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**(B) What is the difference between food fortification and food enrichment, with giving examples?**

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## Question Four:

**A) Food and nutritional needs during the post-emergency phase will be linked to the extent to which the affected population can engage in the local economy, and the effectiveness of activities implemented to support livelihood strategies, mention those activities.**

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**B) Mention the steps used in USAID’s Infant Young Children Nutrition (IYCN) Nutritional Impact Assessment Tool.**

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### **Question Five:**

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**Define the following terms (select just 5 out of 6):**

- 1. Self-reliant**
- 2. Copying strategies**
- 3. Barter**
- 4. General feeding programme**
- 5. Selective food distribution programmes**
- 6. Supplementary feeding programmes**

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**Question Six:**

A) Among factors affecting food processing, preparation and use, there are other important issues that directly influence the capacity to meet the nutritional needs of the populations should be given consideration when setting a food ration for an emergency situation, briefly, mention them.

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B) During emergencies, food-aid packing is crucial; mention the considerations that we should take during this process.

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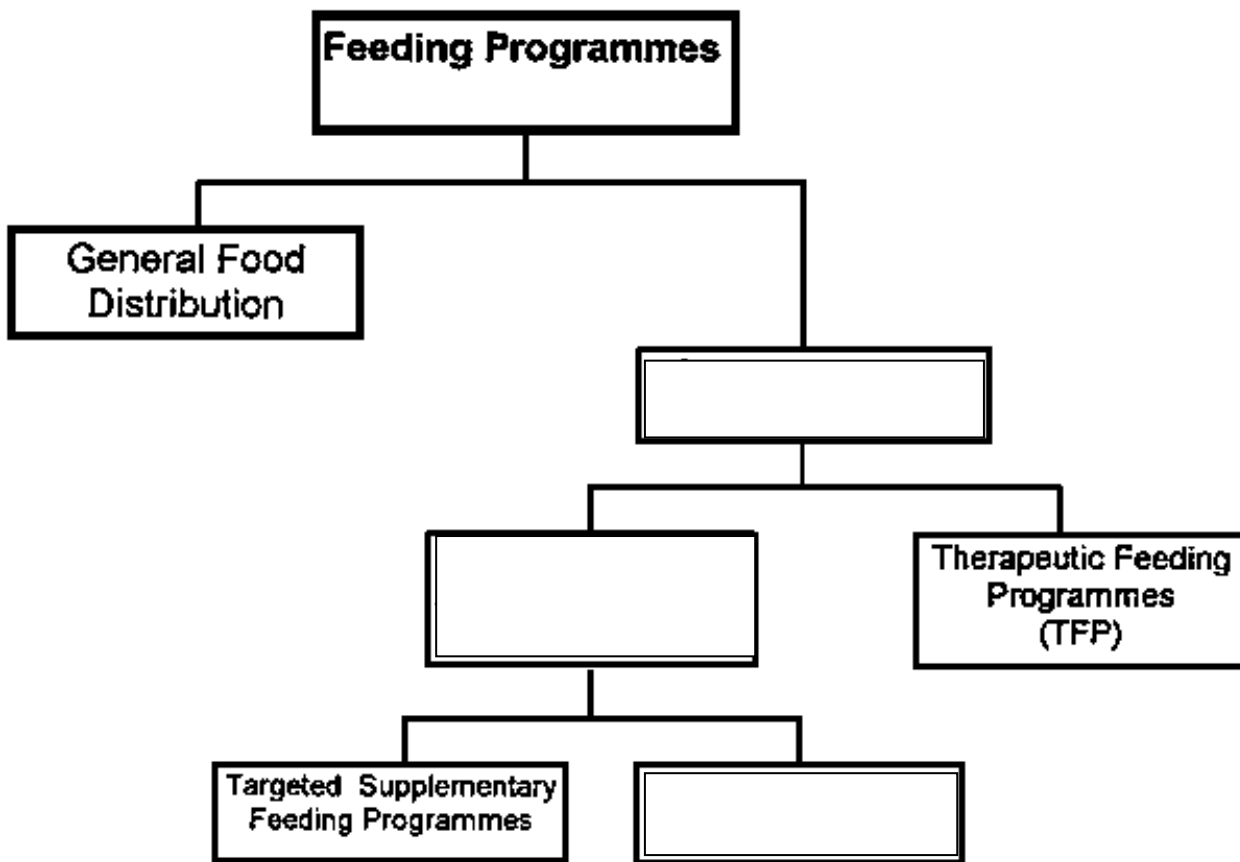


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### Question Seven:

Complete the missing parts....





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### Question Eight:

During the course you taught many fundamentals and principles in nutrition in emergencies, and you are a nutrition officer in Syria how to prepare food rations in emergencies case study (Syria), mention the following:

- A) The first steps before food ration estimations.
- B) The considerations that should taken.
- C) The obstacles and constraints.
- D) The final food ration.

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### Question Nine:

Say why:

- To cover losses in transit of food assistance, an additional 5% should be added in countries with a port or 10% in landlocked countries.
- Reliable individuals should be recruited (hired or employed) from outside the community to fill responsible positions such as storekeeping and administration.
- If the ground is dry, we can allow for beneficiaries to sit in lines.
- In therapeutic feeding centers, the number of beds shouldn't exceed 50 beds.
- Why in therapeutic feeding centers our concern should be to avoid the child from being cold.

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### Question Ten:

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**A) Mention the criteria for discharging children from a targeted SFP.**

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**B) Mention the difference between surveillance and survey.**

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End of Questions  
*Good Luck*