

Course No: NUTR 2306
Course Title: Nutrition through-out
Life Cycle
Date: 31/05/2017
No. of Questions: (3)
Time: 2hours
Using Calculator (No)

University of Palestine



Final Exam
2016/2017
Total Grade: 50

Instructor Name: Dr. Adly B. Skaik

Student No.: _____
Student Name: _____
College Name: _____
Dep. / Specialist: _____
Using Dictionary (No)

Question One:

Answer the following questions:

- 1- Why is Nutrition Important for Adolescents? (5 marks).
- 2- What are the causes of nutritional problems in adolescence? (5 marks).
- 3- Mention the benefits of physical activity for senior adults? (5 marks).
- 4- What are the characteristics of adequate nutrition? (5 marks).
- 5- How are the changes with ageing that influence nutritional status of elderly? (5 marks).
- 6- Discuss the dietary factors that affect the nutritional status of older persons? (5 marks).

Question Two:

Choose the correct answer (10 marks).

1- Adequate nutrition during adolescence is important for helping prevent which adult diet-related chronic disease?

- A- cardiovascular disease.
- B- cancer.
- C- osteoporosis.
- D- all of the above are correct.
- E -None of the above.

2-How much carbohydrates should adolescents consume daily?

- a-20% to 30%
- b-50% to 60%
- c-40% to 50%
- d- none of the answers are correct.

3- How many calories per day do teenage girls need?

- a- 1,200 to 1,400'
- b- 1,400 to 1,600
- c- 2,000 to 2,200
- d- 1,600 to 2,000

4- The function of fiber in balanced healthy diet is:

- A- it provide energy.
- B- it slows down gastric emptying.
- C- lower level of bad cholesterol.
- D- All of the above are correct.
- E- None of the above.

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5- Maintaining adequate calcium intake reduces the rate of:

- A- Vitamin A synthesis.
- B- Age-related bone loss.
- C- Age-related vision loss.
- D- Hypervitaminosis.

6-Picky eating and food jags are common in young children, Picky eating is:

- A- Tendency to eat only a small selection of food.
- B- Not wanting to try new food.
- C- A+B.
- D- None of the above.

7- The beneficial effects of breakfast on brain functions of school-aged children:

- A- learning ability (attention, memorization).
- B- performance at school.
- C- Behavior.
- D- All of the above are correct.
- E- A+B.

8- RDA of protein for toddlers is:

- A- 1.5 grams per kilogram of body weight.
- B- 0.95 grams per kilogram of body weight.
- C- 1.2 grams per kilogram of body weight.
- D- None of the above.

9- Zinc Deficiency in school children:

- A- Malformations of NS.
- B- Impact on cognitive and motor functions.
- C- Increase the risk of brittle bones and fractures.
- D- All of the above are correct.
- E- None of the above.

10-Major modifiable risk factors for stroke of older persons:

- A- High blood pressure & high blood lipids.
- B- Physical inactivity& 'unhealthy' diet.
- C- Smoking & obesity.
- D- All of the above are correct.
- E- A+B.

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Question Three:

State "True" or "False" for each of the following: (10 marks).

- 1- The BMR is one of the most important determinants of energy requirements .
- 2- One of the goals of a New Dietary Regimen is to Improve physical and mental performance.
- 3- After age 50, daily energy increase from 1920 to 2200 kcal for women, From 2300 to 2900 kcal for men.
- 4- In adolescence high nutrient snacks are a large part of the diet and adequate amounts of fruits and vegetables.
- 5- Influence of peers, media, and nonparent role models exposed adolescents to unrealistic or unsafe eating practices.
- 6- Adjusted energy intake and exercise to maintain appropriate body weight.
- 7- Children today are less overweight and more physically fit.
- 8- Age not growth should be ultimate indicator of nutrient needs of adolescents.
- 9- Anorexia nervosa an eating disorder involving a psychological loss or denial of appetite and self-starvation.
- 10- Snacks are an important part of a healthy diet for active children.

Good Luck