

Course No:NUTR 2306  
Course Title:Nutrition Throughout the  
Life Cycle  
Date: 12/03/2017  
No. of Questions:  
Time: 1hours  
Using Calculator (No)

University of Palestine  
  
First Midterm Exam  
2016/2017  
Total Grade:

Instructor Name:Dr. Adly B. Skaik  
Student No.: \_\_\_\_\_  
Student Name: \_\_\_\_\_  
College Name: College of Pharmacy  
Dep. / Specialist: Health & Nutrition  
Using Dictionary (No)

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**First med. examination of course: Nutrition throw-out life cycle 11/3- 17/3/  
2017**

- 1- What are the importance of nutrition prior to pregnancy?(2 degrees ).
- 2- mention nutrient needs during pregnancy and role of each nutrient?( 2 degrees ).
- 3- What are the main effects of anemia on pregnancy?( 2 degrees ).
- 4- mention causes of under nutrition. ( 2 degrees ).
- 5-What are the physiological factors that affect aging?( 2 degrees ).

Choose the correct answer ( 5 degree ).

1- The most important aspects of getting ready for pregnancy.

- A. Good general health,
- B. Good nutrition.
- C. Exercise.
- D. All of the above.

2- Nutritional needs during pregnancy can be met by selection of wide variety of foods.Except for:

- A.Vitamin (C ).
- B,Vitamin (A).
- C.Iodine.
- D.iron.

3-Transition from infancy to childhood:

- A. Infants require about 50 kcal per kg body weight/d.
- B. Metabolic needs increase after 12 months as growth rate slows down.
- C. Growth and development slows down and activity increases.
- D. BMI with height, weight and S.D. is a valuable clue to a child's health.

4-The healthy habits to have positive effects on process of aging:

- A. Regularity and balanced meals to include breakfast.
- B. Maintaining a healthy body weight.
- C. Sleeping regularly and adequate sleep.
- D. Regular physical exercise/activity.
- E. all of the above.

5-the strongest predictors of infant birth weight :

- A. pre-pregnant weight.
- B. gestational weight gain.
- C. A + B.
- D. None of the above.

**Good Luck**