Course No: NUTR 2306
Course Title: Nutrition throw-out life cycle
Date: 22/04/2017
No. of Questions: (10)
Time: 1hours
Using Calculator (No)

University of Palestine

UP

second Midterm   Exam
2016/2017
Total Grade:

Instructor Name: Dr. Adly B. Skaik
_____
Student No.: _____
Student Name: _____
College Name: _____
Dep. / Specialist: _____
Using Dictionary (No)

1- When should a mother avoid breastfeeding? (2 degrees).

2- The importance of Initiation breastfeeding within about one hour of birth? (2 degrees).

3- What are the complementary foods specification?

4- Breakfast, mention its importance and role for school children? (2 degrees).

5- Causes of iron deficiency anemia and its prevention? (2 degrees).

Choose the correct answer (5 degrees).

1- A contra-indication to breastfeeding:
A . Anemia.
B .Weight loss.
C . Malnourished Mother.
D . A + C.
E. None of the above.

2- Toddlers growing and appetites:
A. Toddlers grow at a faster rate than infants, and have smaller appetites.
B. Toddlers grow at a slower rate than infants, and have smaller appetites.
C. Toddlers grow at a slower rate than infants, and have larger appetites.
D. A + C.
E. None of the above.

3- **School-aged children compared to toddlers and preschoolers they:**
A. Eat as many times per day.
B. Can eat less food at each sitting.
C. Tend to be less hungry (maintain blood glucose longer).
D. All of the above.
E. None of the above.

4- **Which of these reasons makes breastfeeding the ideal method of feeding for the baby's health?**
A. Antibodies help the baby to fight infections.
B. It always ready, sterile and the perfect temperature.
C. Breast milk has the perfect balance of nutrients for humans babies.
D. All of the above.
E. None of the above.

5- **When dealing with an over-weight child:**
A. Children should be put on a "diet".
B. Isolate children from family meals by preparing separate food.
C. Should be pushed to lose weight.
D. Focus on making better choices within each food group.
E. All of the above.

Good Luck