Course No: NUTR 1301
Course Title: Introduction to food science and Human Nutrition
Date: 18/04/2017
No. of Questions: (2)
Time: 1hour
Using Calculator (No)

University of Palestine

MID Exam
2016/2017
Total Grade:

Instructor Name: Dr.Sameer Abu Eid
Student No.: _____
Student Name: _____
College Name: _____
Dep. / Specialist: _____
Using Dictionary (No)

Question One: True or False (T or F)

1- ( ) Systolic hypertension is the most common form of hypertension in people older than 50 years.
2- ( ) The treatment goal for individuals who have hypertension and no other medical conditions is a blood pressure of 130/80 mm Hg.
3- ( ) DASH works fast lowered blood pressure well, especially in those with high blood pressure.
4- ( ) Pre-eclampsia is a disorder of pregnancy characterized by the onset of blood pressure and protein in the urine.
5- ( ) Pregnancy is a catabolic state, resulting in increased energy (300 kcal/day) and nutrient needs.
6- ( ) Caffeine in excess associated with reduced risk of miscarriage or low birth weight.
7- ( ) Legumes, grains, and Eggs, inhibit Iron absorption.

Question tow: Short notes

1- The Sensible Guide to a Healthy Pregnancy recommend:

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2- Discuss the Nutritional Balance and Calorie Intake for pregnant women?

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3- Mention five types of nutritional Anemia and the main causes each?

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2……....
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4……
5……

4- What do you suggest foods and dietary changes for iron deficiency anemia?

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5. Major lifestyle modifications that lower blood pressure include:

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End of Questions
Good Luck