

Course No: NUTR 2306  
Course Title: Nutrition throughout  
life cycle  
Date: 31/05/2018  
No. of Questions: (3)  
Time: 2 hours  
Using Calculator (No)

University of Palestine



Final Exam For 2<sup>nd</sup>  
Semester.  
2017/2018  
Total Grade: 50 marks

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

### Question One:

**Answer the following questions: ( 20 marks ).**

- 1- Give an accounts on parents responsibility for school children's diets?.
- 2- What are the factors affecting eating patterns and behaviors of adolescents?.
- 3- What are the goals of a new dietary regimen for adults?.
- 4- Discuss the factors that put adults undernourishment risks?.
- 5- What are changes with ageing may influence nutritional status of elderly?.

### Question Two:

**Choose the correct answer ( 15 marks ).**

**1- Which of the following nutrients may be required in greater amounts by adolescents:**

- A. Vitamin A.
- B. Iron.
- C. Calcium.
- D. All of the above are correct.
- E. B+C.

**2- Which of the following factors contributes to increased iron needs among adolescents?**

- A. Increased growth velocity during puberty.
- B. Development of psychosocial behaviors.
- C. Onset of menarche in adolescents females.
- D. All of the above are correct.
- E. A+C.

**3- Eating breakfast may benefit school children:**

- A. Cognitive function & academic performance.
- B. School attendance & Psychosocial function.
- C. Mood & memory.
- D. All of the above are correct.
- E. None of the above are correct.

**4- On average 1 year old child requires:**

- A. 800-900 Kcal/day.
- B. 1000-1300 Kcal/day.
- C. 1400-1500 Kcal/day.
- D. All of the above are correct.
- E. None of the above are correct.

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**5- Teens often adopt unhealthy habits such as:**

- A. Eating family meals usually.
- B. Drinks a lot of water and milk.
- C. Skipping meals & using food substitutes.
- D. A+C
- E. None of the above are correct.

**6- Essential fatty acids are important and vital for mental and intellectual development of school children:**

- A. They affect brain function and are very vital for maintaining neuronal membranes.
- B. They particularly important in building strong bones and teeth.
- C. They decreased resistance to infections.
- D. B+C
- E. None of the above are correct.

**7- In Adulthood:**

- A. Metabolism goes faster. generally total food intake needs to be increased.
- B. Metabolism slows down. generally total food intake needs to be reduced.
- C. Metabolism remains same. generally total food intake needs to be unchanged.
- D. All of the above are correct.
- E. None of the above are correct.

**8- Calories requirements in adulthood:**

- A. 1600 calories a day is about right for many sedentary women and some older adults.
- B. 2200 calories a day is about right for moderately active women, and most men.
- C. 2800 calories a day is about right for active men and some very active women.
- D. All of the above are correct.
- E. None of the above are correct.

**9- Dietary Guidelines for adults:**

- A. Adjusted energy intake and exercise to maintain appropriate body weight.
- B. Eat less fiber, fruit and vegetables.
- C. Eat more fat and saturated fat and less carbohydrate.
- D. B+C
- E. None of the above are correct.

**10- Benefits of Physical Activity for Senior Adults:**

- A. Maintain independence, disability delayed 10-15 years.
- B. Increase blood pressure, heart disease, and stroke.
- C. Reduce obesity and risks of type 2 diabetes
- D. All of the above are correct.
- E. A+C.

**11- Premature heart disease can be prevented by:**

- A. Eating plenty of fruits, vegetables & fibers.

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- B. Regular physical activity and maintain healthy body weight..
- C. Increase salt intake with fatty dairy products.
- D. All of the above are correct.
- E. A+B.

**12- The effects of malnutrition in older adults:**

- A. Reduces muscle strength, causing fatigue.
- B. Reduces immune response, and impairs wound healing,
- C. Increased risk of hospital admission and increased length of stay in hospital.
- D. All of the above are correct.
- E. A+B.

**13- We concern of nutrition of elderly because:**

- A. Older persons are particularly vulnerable to malnutrition.
- B. Attempts to provide them with adequate nutrition encounter many practical problems.
- C. Their nutritional requirements are not well defined.
- D. All of the above are correct.
- E. A+B.

**14- Many of the diseases suffered by older persons are the result of dietary factors:**

- A. Atherogenic risk factors such as increased blood pressure, blood lipids and glucose intolerance.
- B. Degenerative diseases such as cardiovascular and cerebrovascular disease, diabetes, osteoporosis and cancer.
- C. The price of foods rich in micronutrients, which further encourages their consumption.
- D. All of the above are correct.
- E. A+B.

**15- When getting older we still need just as many of the nutrients in food, to get them:**

- A. Choose a high calories foods.
- B. Pick foods that are high in cholesterol and fat.
- C. Choose a variety of healthy foods.
- D. All of the above are correct.
- E. A+C.

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### Question Three:

**State "True" or "False" for each of the following: ( 15 marks ).**

- 1- Adoption of healthful eating practices, participation in competitive and non-competitive physical activities, can lead to positive, health-enhancing behaviors among adolescents.
- 2- School children eat enough fruit and vegetables & less sugar, salt and saturated fat.
- 3- children today are less overweight and more physically fit, because of the decline of physical education.
- 4- Iron is an oxygen-carrying component of blood.
- 5- During adolescents, vitamin A is important for physical and sexual maturation & its deficiency may lead to sterility & amenorrhea.
- 6- Zinc deficiency in childhood have an impact on cognitive and motor functions in vulnerable children.
7. It is not good to encourage children to eat snacks from nuts and sunflower seeds, Sesame, pumpkin seeds, almonds and walnuts.
- 8- Healthy eating behaviors common among adolescents include frequent dieting, meal skipping, and frequent consumption of foods high in fat and sugar.
- 9- The nutritional needs for adults, nutrition needs drop while calorie needs rise.
- 10- The reduction in basal metabolism observed as a change accompanying aging and a reduction in activity explain the reduction in the suggested caloric intake.
- 11- A healthy Mediterranean style diet is correlated with a 20% reduced risk of death.
- 12- Calcium is so essential that if you don't get enough, your body will leach it out of your bones.
- 13- As we get older, we might need more energy, but we still need just as many of the nutrients in food.
- 14- As we get older, the body becomes more efficient at absorbing some key nutrients.
- 15- The loss of cognitive function and deteriorating vision, hinder good health and dietary habits in old age.

End of Questions  
*Good Luck*