

Course No: NUTR 2306
Course Title: Nutrition throw-out life cycle
Date: 10/03/2018
No. of Questions: (3)
Time: 1hours
Using Calculator (No)

University of Palestine



1st Exam For 2nd Sem.
2017/2018
Total Grade:15

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

Question One:

Answer the following questions: (5 marks).

- 1- What are the effects of acute & chronic undernutrition on reproduction?
2. When to introduce solid foods to infant?
3. What are the six healthy habits to have positive effect on aging?
4. What are the effects of overweight & obesity on mothers and babies?
5. What are the major differences between complete proteins & incomplete proteins?

Question Two:

Choose the correct answer (5 marks).

1- Low iron stores prior to pregnancy increase the risk of :

- A. Iron deficiency during pregnancy.
- A. Preterm delivery.
- C. Low iron stores in the infant.
- D. All of the above are correct.
- E. A+C.

2- Dietary Reference Intakes (DRIs):

- A. levels of essential nutrient intake judged to be adequate to meet the known nutrient needs of practically all healthy persons.
- B. General term used for the nutrient intake standards for healthy people.
- C. Nutrient intake values that are estimated to meet the requirements of half the healthy individuals in a group.
- D. None of the above is correct.

3- Nutrient intake from food and dietary supplements, and body fat, affect fertility primarily by:

- A. Altering the environment in which eggs and sperm develop.
- B. Modifying levels of hormones involved in reproductive processes.
- C. None of the above is correct.
- D. A+B.

4- It is recommended that women who may become pregnant:

- A. Consume 400 mcg of folate from fortified food, or supplements.
- B. Take no more than 5000 IU of vitamin A from supplements daily.
- C. limit or omit alcohol-containing beverages.
- D. All of the above are correct.
- E. A+C.

5- Fats which more properly referred to as “lipids.” are:

- A. produced by the body.
- B. Absorbed more rapidly than carbohydrates.

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- C. The most concentrated form of food energy (calories).
- D. All of the above are correct.
- E. None of the above is correct.

Question Three:

State "True" or "False" for each of the following: (5 marks).

- 1- Metabolic needs increase after 12 months as growth rate slows down.
- 2- Poor nutrition can result from both inadequate and excessive levels of nutrient intake.
- 3- Infants require about 100 kcal per kg body weight/d.
- 4- Critical nutrients during adolescence are magnesium and phosphorus.
- 5- Saturated fat are liquid at room temperature and most strongly linked to low cholesterol in blood.

End of Questions
Good Luck