

Course No: NUTR 2312
Course Title: Nutr. Requir. & Diet Planning
Date: 11/3/2018
No. of Questions: (4)
Time: 1hours
Using Calculator (No)

University of Palestine



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

Instructor Name: Dr. Samir Radi
Student No.: _____
Student Name: _____
College Name: Medicine & Health Sciences
Dep. / Specialist: Nutrition
Using Dictionary (No)

Question One:

Define the following terms: (3 marks)

1. Food:
2. Nutrient
3. RDA

Question Two:

Ask by false (x) or right (√) of the following questions (5 marks)

1. Diet is the foods that a person eats most frequently
2. Milk have a significant source of iron
3. Fruits & vegetables rich in carotenoids source
4. Per 100g of beans or peas or lentils give 70-90 calories
5. Meat and eggs considered as a stable food
6. Offal is the richest sources of iron
7. There is no source of carbohydrates in the animal products
8. Vitamin A in animal fats & Vitamin E in vegetable fats
9. lysine & tryptophan limited amino acid in pulses and legumes
10. Cereals have a high quality of protein

Question Three:

Select the right answers (5 marks)

1. The best source of laxative effect
 - a. Pulses and cereals
 - b. Vegetables
 - c. Fruits
 - d. Fats
2. Expected to satisfy the needs of 50% of the people
 - a. Adequate intake
 - b. RDAs
 - c. Estimated average requirement
 - d. Tolerable upper intake level
3. The minimum level of protein needed to maintain nitrogen balance in healthy adults is
 - a. 1 g per kilogram of body weight / day
 - b. 0,5 g per kilogram of body weight / day
 - c. 60 g per kilogram of body weight / day
 - d. 80 g per kilogram of body weight / day

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4. Which one of the following is considered a protein score 100%
 - a. Meat
 - b. Fish
 - c. Egg
 - d. Milk

5. The best source of vitamin c
 - a. Cereals
 - b. Pulse and legumes
 - c. Fruits
 - d. Beverages

Question Four:

Write notes about:

1. **Basic Principles of Diet Planning** (6 marks)

2. **Five Forms of the adjustment of diet (diet modification forms)** (5 marks)

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3. Five uses of the RDAs

(5 marks)

4. List eleven of the Dietary guidelines

(11 marks)

End of Questions
Good Luck