

Course No: NUTR 2306
Course Title: Nutrition throw-out life cycle
Date: 14/04/2018
No. of Questions: (3)
Time: 1hours
Using Calculator (No)

University of Palestine

2nd 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- Why 6 Months is the Best Time to Start Giving Other Food?
- 2- Mention the effects of malnutrition on Toddlers & Preschoolers?
- 3- Mention the factors placing pregnant women at nutritional risk?
- 4- Mention the Gaps in complementary feeding?
- 5- What are the advantages of breastfeeding for baby?

Question Two:

Choose the correct answer (5 marks).

1- Inadequate feeding of a girl children affects:

- A. Nutrient stores.
- B. Reproductive health.
- C. The risk of maternal mortality.
- D. All of the above are correct.
- E. B+C.

2- Complementary Foods:

- A. Should be introduced as they continue to breastfeed.
- B. Can be prepared or modified from family meals.
- C. Should be given with a spoon or cup, not in a bottle.
- D. All of the above are correct.
- E. A + B.

3- FADUA IS:

- A. Guidelines for Appropriate Complementary Feeding of Breastfed Children.
- B. Diversify the diet to improve quality & micronutrient intake.
- C. Helping mothers select complementary foods.
- D. All of the above are correct.
- E. None of the above correct.

4- Teens pregnancy risks for:

- A. Miscarriage & stillbirth.
- B. Increase in low birth weight, physical, and learning problems.

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- C. Death of infant in first year.
- D. All of the above are correct.
- E. A + B.

5- During Pregnancy energy needs tends to be higher than any other time in life because of:

- A. Increased BMR.
- B. Increased maternal mortality and morbidity.
- C. Depositing and maintenance of new fetal and maternal tissues.
- D. All of the above are correct.
- E. A + C.

6- Needs of the fetus from calcium during pregnancy are met by:

- A. Increased maternal absorption of calcium.
- B. Mobilization of calcium from the skeleton of the mother.
- C. Increased production of calcium liver.
- D. All of the above are correct.
- E. A + B.

7- The main CHO in breast milk is:

- A. triglycerides.
- B. lactose.
- C. casein.
- D. Phosphoprotein.
- E. None of the above correct.

8-Picky eating and food jags are common in young children, food jags is:

- A- Tendency to eat only a small selection of food.
- B- Not wanting to try new food.
- C- A+B.
- D- None of the above.

9- The needs of Vit. A for toddlers & preschoolers is:

- A- 1.5 grams per kilogram of body weight.
- B- 0.95 grams per kilogram of body weight.
- C- 1.2 grams per kilogram of body weight.
- D- A+C.
- E. None of the above correct.

10- Iron requirements is increased during pregnancy:

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- A- Recommended routine iron supplementation is 30 mg iron /day during the second and third trimesters for all pregnant women.
- B- If nutritional anemia is prevalent, recommended dose iron is 60 mg iron /day.
- C- Iron is needed to prevent neural tube damage & support the growth of the fetus.
- D. All of the above are correct.
- E. A + B.

Question Three:

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

- 1- Exclusive Breast feeding (breast milk alone) satisfies the nutritional requirements of an infant for the first complete four months of life.
- 2- After six months, adequate and appropriate infant complementary foods become necessary to complement breast milk in order to meet the energy and other nutrient requirements of the infant.
- 3- Complementary feeding of children between 6 and 24 months needs close attention, a varied diet is essential, with dairy products if possible, to ensure that energy, protein, mineral and vitamin requirements are met.
- 4- Breastfeeding should be decreased when starting complementary feeding.
- 5- Complementary Foods should replace rather than complement breast milk.
- 6- Poor maternal nutritional status at conception and under nutrition in utero, cause poor growth in infants and young children.
- 7- Gestational weight gain is an indicator of inadequacy of maternal diet.
- 8- An iron reserve needs to be built up before birth, since breast milk is not a rich source of iron.
- 9- A high dose of vitamin A supplement can be useful to a fetus, women should be given the high-dose supplement any time after eight weeks postpartum.
- 10- A malnourished mother can breastfeed, there is no significant change in composition of the milk.

End of Questions
Good Luck