Course No: NUTR 2312
Course Title: **Nutr. Requir. & Diet Planning**
Date: 18/4/2018
No. of Questions: (4)
Time: 1hour
Using Calculator (No)

University of Palestine

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

Instructor Name: Dr. Samir Radi
Student No.: _____
Student Name: _____
College Name: _____
Dep. / Specialist: _____
Using Dictionary (No)

Question One:

Define the following terms: **(3 marks)**

1. Estimated average requirement:

2. RDA

Question Two:

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

☐ 1. We need 3 to 4 servings a day of the dairy group
☐ 2. We need 3 to 5 servings a day of the fruits group
☐ 3. The Mediterranean style eating pattern focuses on mostly plant-based foods
☐ 4. Per 100g of vegetables give 20-50 calories
☐ 5. Olive oil is the main source of fat in any food guide pyramid
☐ 6. Energy requirements of people vary depending on sex, age and activity level
☐ 7. There is no source of carbohydrates in the animal products
☐ 8. The calorific requirement is generally higher in women than in men
☐ 9. lysine & tryptophan limited amino acid in cereals
☐ 10. Adolescents use a healthy methods to control their weight (skip meals , laxatives, diet drugs....)

Question Three:

Select the right answer **(6marks)**

1. Red meat is limited in
   a. Food guide pyramid
   b. Mediterranean food guide pyramid
   c. Vegetarian food guide pyramid
   d. All the above

2. The Mediterranean style eating pattern has been shown to protect against
   a. heart disease
   b. improve blood sugar
   c. lose of weight
   d. a + b
   e. all the above

3. A baby doubles its birth weight by
   a. 3 months
   b. 6 months
   c. 9 months
   d. 12 months

4. Growth is usually completed by the age of
   a. 18Yrs
   b. 20 Yrs
   c. 25 Yrs
   d. 27 Yrs

5. The calorific requirement begins to decrease as basal metabolic rates decrease
   a. after the age of 25
   b. after the age of 30
   c. after the age of 35
   d. after the age of 40

6. For those with bone fracture, are required adequate elements for bone repairing
   a. Calcium
   b. Protein
   c. vitamins
   d. all of the above

Question Four:

Write notes about: **(16 marks)**

1. **Energy requirements of people vary depending on sex, age of infants and children** **(5 marks)**

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2. **The requirements for certain nutrients increase during pregnancy (6 marks)**

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3. **Define Coeliac disease, causes ,symptoms and special dietary requirements (5 marks)**

End of Questions

Good Luck