Question One: Multiple Choice Questions   20 MARKS

1. Nutrients that deserve special emphasis in a diet plan for the older adult include all of the following except:
a. vitamin B-12
b. Calcium
c. Vitamin D
d. vitamin A

2. Which of the following does not describe a physiological change of aging?
a. Decreases in digestion and absorption capacity
b. Reduction in lean body mass
c. Lower basal metabolism
d. Increase in taste sensitivity

3. Recommendations for preventing osteoporosis include:
a. consuming adequate amounts of calcium from infancy throughout adulthood.
b. consuming more potassium and selenium.
c. increasing the intake of iron, magnesium, and zinc during adulthood.
d. A and B

4. The reason the incidence of obesity increases with age is that:
a. The basal metabolic rate decreases with age.
b. Physical activity often decreases with age.
c. Energy intake exceeds energy expenditure.
d. All of the above.

5. The deficiency of which of the following nutrients may result in anemia?
a. Phosphorus, iron, protein, or selenium
b. Iron, folate, vitamin B-6, or vitamin B-12
c. Calcium, magnesium, folate, or iron
d. Vitamin C, protein, iron, or manganese

6. An early warning sign of anorexia nervosa is:
a. Eating too much food.
b. Withdrawal from family.
c. Secret bingeing.
d. Use soft drink

7. A critical goal in the early stages of the treatment of a person with anorexia nervosa is to:
a. Increase the patient's weight to her goal body weight within the first month.
b. Establish regular meal patterns.
c. Increase patient's weight to raise metabolic rate to normal and to reverse as many physical signs of the weight loss as possible.
d. Get the patient to realize how unattractive her body has become.

8. Binge-eating disorder can be characterized as:
a. Binging accompanied by purging.
b. Secretive eating.
c. Eating to avoid feeling and dealing with emotional pain.
d. The early phase of bulimia nervosa.

Course No:
Course Title: Nutritional Habits
Date: 13/01/2018
No. of Questions: (6)
Time: 2hours
Using Calculator (Yes)

University of Palestine

Final Exam For First Sem.
2017/2018
Total Grade:50

Instructor Name:Dr Marwan Jalambo
Student No.: _____
Student Name: _____
College Name: Pharmacy
Dep./Specialist: Nutrition &Public Health
Using Dictionary (No)

9. Female Athlete Triad consists of:
a. Anorexia nervosa, lack of family support, over training
b. Disordered eating, over training, lack of menstrual period
c. Osteoporosis, lack of menstrual period, disordered eating
d. Osteoporosis, lack of sleep, disordered eating

10. Which symptom affects bulimia nervosa patients only?
a. Muscle weakness
b. Iron deficiency anemia
c. Stomach ulcers
d. Hair loss

11. Which of the following individuals has a body mass index (BMI) that would be considered overweight? wt(kg)/ht'2 (m)
a. Person 1. Weight: 73kg Height: 1.72metres
b. Person 2. Weight: 75kg Height: 1.72metres
c. Person 3. Weight: 89kg Height: 1.72metres
d. Person 4. Weight: 100kg Height: 1.72metres

12. What vitamin do older people absorb more efficiently than younger individuals?
a. Vitamin D
b. Vitamin C
c. Vitamin A
d. Vitamin E

13. What are physical conditions in that can affect older adults' nutrition?
a. Environmental and physical
b. Social and physical
c. Environmental and social
d. All of the above

14. For adolescent females what is the peak intake averaging number for calories per day?
a. 5,400
b. 500
c. 1,500
d. 2,200

15. Elderly are at an increased risk for deficiency of what two vitamins?
a. Vitamin D and B1
b. Vitamin A and B12
c. Vitamin D and B12
d. Vitamin A and B1

16. Why does the body need a regular supply of vitamins and minerals?
a. To reduce free-radical damage
b. To help achieve weight gain
c. To reduce the absorption of fats from the gut
d. To delay stomach emptying, thus reducing feelings of hunger

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Using Calculator (Yes)		**Using Dictionary (No)**

17. Scientists believe that _____ develop in the brain of an Alzheimer's patient, and may be a cause of the disease.
A. Cholesterols
B. Tumors
C. Ruptured blood vessels
D. Plaques and tangles

18. Physiologically, what happens to the brain as Alzheimer's progresses?
A. Tissue swells
B. Fluid collects
C. Many cells die
D. Brain-stem atrophies

19. Which of these is the strongest risk factor for developing the disease?
A. Heredity
B. Age
C. Exposure to toxins
D. None of the above

20. Which age group has the highest rate of Alzheimer's cases reported?
A. 85 and older
B. 74 to 84
C. 65 to 74
D. 55 to 65

Question Two: Put True (√) or False (X)   10 MARKS

1. People with anorexia nervosa have an intense fear of losing weight (   ).

2. People with bulimia nervosa are aware that their eating patterns are abnormal (   ).

3. Not having a menstrual period because of food restriction or vigorous exercise poses minimal health risks for a woman (   ).

4. As you grow older and become less active, you need fewer nutrients in your diet (   ).

5. During adolescence, typical eating habits are affected by teenagers' environment and lifestyles (   ).

6. Alzheimer's disease can be cured (   ).

7. Alzheimer's disease is diagnosed through blood tests (   )

8. Alzheimer's and dementia are the same thing (   ).

9. Alzheimer Disease an inherited disease (   )

10. Disease which causes the symptoms associated with Alzheimer is significant damage to neurons (   )

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Using Dictionary (No)

Question Three: Using the Estimation Energy Requirements equation to calculate the daily energy requirement (kcal) for a 47-year-old female (weighs 80kg and height 155 cm) and she is active lifestyle.   5 MARKS

EER = [354 - (6.91 x age)] + PA x [(9.36 x weight) + (726 X height)]
Note: the active life style score 1.27 for women

Question Five: Write 3 examples of vitamins and/or minerals of the nutrients brain function to Mental health, Neurotransmitter synthesis and cognition   9 MARKS

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Question Four: List 12 Strategies for growing old adults healthfully?   6 MARKS

End of Question
Good Luck