

Course No: NUTR 3123
Course Title: Nutritional Habits
Date: 28/11/2017
No. of Questions: (4)
Time: 1hours
Using Calculator (No)

University of Palestine



Second Mid. Exam
2017/2018
Total Grade:

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

Question One: Put True (T) or False (F)

1. Adolescence can be a time of orientation ().
2. Teenagers make many more choices for themselves than they did as children ()
3. Hormones direct the intensity of the adolescent growth spurt ()
4. Hormones profoundly affecting every organs in adolescents except brain ().
5. Lean body mass (principally muscle and bone) increases much more in males than females ().
6. Energy and nutrient needs are greater during adolescence than at any other time of life ().
7. Female's energy needs may be especially high; they typically grow faster than boys and, develop a greater proportion of lean body mass ().
8. A sedentary adolescent boy of 15 years may need 2000-2500 kcal daily to maintain his weight ().
9. Active girl of 15 need fewer than 1800 kcal a day if she need to avoid excessive weight gain ().
10. Iron requirements among females and male adolescents are the same ().
11. The RDA for iron depends only on age and gender ().
12. Ca intakes among adolescents begin to decline at the time when their Ca needs are greatest ().
13. Adolescents who frequently eat meals with their families, enjoy good dietary habits than those who seldom eat with their families ().
14. Adolescents who do not eat breakfast have higher intakes of vitamins A, C, and zinc ().
15. The best indicator that a child is receiving adequate nourishment is a normal growth pattern ().

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Question Two: Multiple Choice Questions

- Which statement regarding most children and adolescent diets is true?
 - Fat and sodium are high, calcium and fiber are low
 - Vitamin A and fat are high, Vitamin D and iron are low
 - Calcium and fat are high, Sodium and Vitamin C are low
 - Iron and fat are high, fiber and sodium are low
- During adolescent spurt, the differences between genders become apparent in:
 - skeletal system,
 - lean body mass,
 - fat stores
 - All the above.
- Snacks typically provide ----- of the average teenager's daily food energy intake.
 - At least 25%
 - Less than 25%
 - 50%
 - None of the above
- Greater amounts of caffeine can cause the symptoms associated with:
 - Sweating
 - Tenseness
 - inability to concentrate.
 - All above
- Which of the following risk factors is not associated with obesity?
 - Psychological challenges
 - Type 1 diabetes
 - Elevated blood cholesterol

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D. Hypertension

6. Children need to consume:

- A. A greater percentage of their calories from fat than adults
- B. The same percentage of their calories from fat as adults
- C. A lesser percentage of their calories from fat as adults
- D. As much fat as they desire

7. For most adolescents, which of the following does not influence their food choices?

- A. Cost
- B. Dining away from home
- C. What friends eat
- D. A food's taste

Question Three: Mention the five Risk factors for eating disorders among athletes?

1.

2.

3.

4.

5.

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Question Four: Write short notes about the 6 problems facing adolescents?

End of Questions
Good Luck

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