

Course No: NUTR 2204A  
Course Title: Nutrition in Emergency  
Date: 19/04/2017  
No. of Questions: ( 4 )  
Time: 1hours  
Using Calculator (No)

University of Palestine  
  
2nd Midterm Exam  
2016/2017  
Total Grade:

Instructor Name: Dr Mohammed Srour  
Student No.: \_\_\_\_\_  
Student Name: \_\_\_\_\_  
College Name: Pharmacy  
Dep. / Specialist: Health & Nutrition  
Using Dictionary (No)

**Question One:**

A) Please put (T) for true answers and Put (F) for false answers, and correct the wrong one...

- 1) Iron deficiency anemia, vitamin A deficiency and folic acid deficiency are recognized as the three most significant micronutrient-deficiency diseases worldwide (    ).
- 2) It is not important to continue to monitor indicators of nutritional status, food security and coping strategies after adjustment of rations to ensure that the ration reduction is not having adverse effects (    ).
- 3) Exclusive breastfeeding should be protected, promoted, and supported for six months. This applies to women who are known not to be infected with HIV and for women whose infection status is unknown (    ).
- 4) In emergency, we can distribute dried milk powder to emergency-affected populations as part of the general ration (    ).

B) “During emergency, feeding frequency is challenging issue when planning food rations to address the nutritional needs of older infants and younger children”...explain this statement.

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**Question Two:**

**(A) What are the main considerations for the type and quality of foods being provided in the basic rations?**

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**(B) What is the difference between food fortification and food enrichment, with giving examples?**

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**(C) During emergency food needs assessments, the information that is required to make decisions about the ration should be based on a demonstrated understanding of the situation. It is usually collected from different sources, mentioned them:**

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**Question Three:**

**A) Theoretically, a well-planned general ration is usually adequate for older persons. However, in practice, a number of other factors often results in the general ration not actually meeting the nutritional needs of the older persons, mentioned those factors:**

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**B) You are a nutrition officer in south of Sudan and you going to prepare food ration for subgroup (women) , as you know, in a typical emergency, the majority of women do not know their HIV status. For women to be able to make appropriate informed choices on infant feeding, availability of voluntary counseling and testing (VCT) is crucial...according to your understanding what are the current policies on breastfeeding and infant feeding by HIV-infected women should be followed.**

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**Question Four:**

A) According to your understanding for response options to address micronutrients needs, fill the missing parts.....

Table 5: Response options to address micronutrient needs

STRATEGY	STRENGTHS	WEAKNESSES	REMARKS/ EXAMPLES
1. Inclusion of fortified food items in the general ration		<ul style="list-style-type: none"> <li>- Limited to food-aid commodities that are suitable vehicles for micronutrients.</li> <li>- Need to be sustained until access to fresh food improves.</li> </ul>	<ul style="list-style-type: none"> <li>- Oil with vitamin A, fortified flours.</li> <li>- Requires active participation of the food industry and donor.</li> <li>- Need to ensure fortification specifications are met (quality control).</li> </ul>
2. Promoting the production of vegetables and fruit	<ul style="list-style-type: none"> <li>- Supports self-reliance.</li> <li>- Provides fresh foods of preferred choice.</li> </ul>		<ul style="list-style-type: none"> <li>- Cultivation of homestead gardens or communal garden plots.</li> </ul>
3. Promoting beneficial food-preparation practices	<ul style="list-style-type: none"> <li>- May support indigenous food-preparation practices in some situations.</li> </ul>	<ul style="list-style-type: none"> <li>- Introduced practices may be unfamiliar to the population and therefore require substantial communications.</li> </ul>	<ul style="list-style-type: none"> <li>- Fermentation, sprouting grains and pulses.</li> </ul>

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**B) Mention the advantage and disadvantage of meals ready to eat MREs and humanitarian daily rations HDRs.**

Table 10: Advantages and disadvantages of ready-to-eat meals and humanitarian daily rations

DISADVANTAGES	ADVANTAGES

End of Questions  
*Good Luck*