

Course No: NUTR 2312  
Course Title: Nutr. Requi. & Diet Planning  
Date: 24/5/2018  
No. of Questions: ( 4 )  
Time: 2 hours  
Using Calculator (yes)

University of Palestine



Final Exam For 2<sup>nd</sup>  
Semester.  
2017/2018  
Total Grade:30

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

**Question One:**

**(4 marks)**

Define the following terms:

1. **Functional foods**
  
  
  
  
  
  
  
  
  
  
2. **Diet Plan**
  
  
  
  
  
  
  
  
  
  
3. **BMR (Conditions for Measurement of Basal Metabolism)**

**Question Two:**

**(7 marks)**

Ask by false (x) or right (√) of the following questions

1. The Mediterranean style eating pattern focuses on mostly meat-based foods
2. Per 100g of pulses & legumes give 150 calories
3. Per 100g of meat & poultry give average 18 g protein
4. There is no source of carbohydrates in the animal products
5. The calorific requirement is generally higher in elderly than in youth
6. Food allergies generally develop early in life but can develop at any age
7. Athletes do need a bit more protein than non-athletes & Extra protein is just extra calories
8. Post exercise it is important to drink plenty of water and eat a meat-rich foods
9. Candy and sweets elevate blood sugar levels any higher or any more quickly than certain starches such white bread, white rice
10. Temporary dramatic losses due to extremely low caloric intake is not sustainable
11. food products with phyto- or zoochemicals considered as antioxidants
12. BMR increases in starvation, malnutrition and hypothyroidism
13. More fat intake affects the absorption of fat soluble vitamins negatively
14. Vitamin C facilitates iron absorption & vitamin D facilitates calcium absorption

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**Question Three:**

**(3 marks)**

Select the right answer

1. Fruits have average CHO
  - a. 15-40
  - b. 10-30
  - c. 5-20
  - d. 5-30
  
2. 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
  
3. Per 100g of fish give average calories
  - a. 70-150
  - b. 50-70
  - c. 150-250
  - d. 100-200
  - e. None of the above
  
4. **In hot climate, individuals need**
  - a. less calories
  - b. more salts
  - c. more fluids
  - d. a + c
  - e. All of the above
  
5. **Energy is required for**
  - a. Thermic effect
  - b. BMR
  - c. daily activities
  - d. b + c
  - e. All of the above
  
6. **People working in offices, and students have physical activity level**
  - a. light
  - b. Moderate
  - c. Heavy
  - d. None of the above

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**Question Four: (16 marks)**

Write notes about:

1. Factor to be considered during diet planning related to the:

a. Individuals themselves (person) (5 marks)

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b. Factors related to the environment (2 marks)

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2. Determination of desirable body weight (DBW), by using Hamwi method (2 marks)

Men= 48.2 kg for 150 cm + 1.1 kg per cm over 150 cm or -1.1 per cm under 150 cm)

Women= 45.45 kg for 150 cm + 0.91 kg per cm over 150 cm or -0.91 per cm under 150 cm)

a. Male adult with 85 kg of body weight and 180 cm height (1 marks)

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**b. Female with 50 kg of body weight and 140 cm height**

**(1marks)**

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**3. Male with weight 70 kg**

**(7 marks)**

- \* Calculate the total energy requirements by using practical method, used in clinical setting  
20 kcal/kg (1 marks)
- \* Distribute this total energy among protein, carb and fat, (pt 15%; fat 30% and CHO 55%) by  
determine the requirements in grams from each (6 marks)

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End of Questions  
*Good Luck*