



Health Sciences Skills Check Unit 6 Grade 12 Advanced

Instructions: Teachers are to select five of the following questions for skills check 1 and insert them into the skills check template. Each question is worth 1 mark. Students must correctly answer all parts of the question, where appropriate, to gain 1 mark. Students who answer 1 or more parts of the question wrong will be awarded 0 marks for that question.

1.	A DEXA scanner is the most accurate way to measure _____.	
	(A)	weight
	(B)	BMI
	(C)	body fat
	(D)	waist circumference

2.	A child who is low height for their age is said to be _____.	
	(A)	stunting
	(B)	wasting
	(C)	underweight
	(D)	obese

3.	List the two types of overnutrition.	

4.	Define the term 'malnutrition'.	

5.	Fatima has a BMI of 28.7. Which category does she belong to?	
	(A)	Underweight
	(B)	Normal weight
	(C)	Overweight
	(D)	Obese

6.	Write the formula to calculate body fat percentage.	

7.	What is the most accurate method of measuring nutritional status?	
	(A)	Anthropometry
	(B)	Biochemical methods
	(C)	Clinical methods
	(D)	Dietary methods

8.	Which of the following is an example of how socioeconomic status affects food choice?	
	(A)	If someone has limited income, they may not be able to spend money on food
	(B)	If there are natural disasters or war, the food supply may be limited
	(C)	If a Muslim person moves to a non-Islamic country, they may find it hard to find halal food options
	(D)	A plant-based diet is low in nutrients such as protein and iron

9.	Identify one disadvantage of food frequency questionnaires.	

10.	A high level of abdominal fat is linked to which disease?	
	(A)	Epilepsy
	(B)	Osteoporosis
	(C)	Food allergies
	(D)	Cardiovascular disease