HEALTH SCIENCES

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1. Which of the following can help to prevent a communicable disease?

   (A) Stopping smoking

   (B) Losing weight

   (C) Doing exercise daily

   (D) Good personal hygiene

2 Which of the following are non-modifiable risk factors? Choose two.

   (A) Age

   (B) Weight

   (C) Type 2 diabetes

   (D) Gender

   (E) High stress levels

3. How can you improve your sleep?

   (A) Drink caffeine before bed

   (B) Use your phone or laptop in bed

   (C) Go to bed at the same time every night

   (D) Aim for 3-5 hours of sleep a night

4. A colonoscopy test is used to screen for which disease?

   (A) Obesity

   (B) Hypertension

   (C) Bowel cancer

   (D) Breast cancer

5 Which of the following tests is used to screen for diabetes?

   (A) Blood pressure measurement

   (B) Fasted blood glucose test

   (C) Pap smear test

   (D) Mammogram

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6. When should a doctor use a diagnostic test?

(A) To check for early signs of a disease

(B) To confirm the presence or absence of a disease

(C) If a person is not showing signs or symptoms of a disease

(D) If a person has had a negative result from a screening test

7. Which of the following is a modifiable risk factor of disease?

(A) Gender

(B) Ethnicity

(C) Age

(D) Smoking

8. Which of the following is a non-modifiable risk factor of disease?

(A) Being overweight

(B) A sedentary lifestyle

(C) Family history

(D) Hypertension

9. What is immunisation?

(A) A tool used to test for a disease or illness

(B) A way to keep track of physical and mental health

(C) An injection that makes people immune to a disease

(D) An examination to test if people are resistant to a disease

10. What is screening?

(A) Where germs are found, such as home surfaces

(B) A way to check for diseases before any symptoms appear

(C) When people are made resistant to diseases using vaccines

(D) A type of healthcare infection that can be prevented

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11. A patient has an infectious disease that can spread fast. Which of the following is most effective in preventing the infection from spreading to more people?

(A) Quarantining the patient until they are fully recovered

(B) Make the patient wear gloves when walking around the hospital

(C) Screen the patient for any other diseases or illnesses

(D) Increase the number of nutrients and healthy fats consumed

12. A lipid test is used to screen for .

(A) high cholesterol

(B) bowel cancer

(C) high blood pressure

(D) obesity

13. Which test is used to screen for breast cancer?

(A) Pap smear teat

(B) Blood test

(C) Mammogram

(D) Lipid test

14 What is antibiotic resistance?

(A) When a patient refuses to take prescribed antibiotics

(B) When the overuse of antibiotics reduces their effectiveness

(C) When germs are transmitted to a person

(D) When antibiotics are effective in killing bacteria

15 Which of the following is a common non-communicable disease?

(A) COVID-19

(B) Influenza

(C) Malaria

(D) Cancer

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16 What is the name of the medical procedure that involves giving a person a vaccine to prevent them from getting a disease?

(A) Screening

(B) Immunisation

(C) Diagnostic test

(D) All of the options are correct

17 Mohamed does not get enough calcium from his diet, which disease is he at risk of developing?

(A) Cancer

(B) Osteoporosis

(C) Heart disease

(D) Diabetes

18 Which of the following benefits of exercise affects mental and emotional health?

(A) It increases bone density and muscle mass

(B) It reduces the amount of cholesterol in the blood

(C) It releases endorphins which improve mood

(D) It improves lung function

19 Age, gender and are examples of non-modifiable risk factors.

(A) family history

(B) stress levels

(C) high cholesterol

(D) blood pressure

20. Which of the following diseases should only men over 45 years old be screened for?

(A) Prostate cancer

(B) Breast cancer

(C) Cervical cancer

(D) All of the options are correct

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21 Which of the following is considered a positive health behaviour?

(A) Having a sedentary lifestyle

(B) Eating a balanced diet

(C) Sleeping for 4 hours per night

(D) Being dehydrated

22 Which of the following is a modifiable risk factor for disease?

(A) Genetics

(B) Ethnicity

(C) Gender

(D) Hypertension

23 Having too much cholesterol can increase the risk of diseases in the .

(A) heart

(B) lungs

(C) nerves

(D) liver

24. Which of the following diseases could be spread by someone with poor personal hygiene?

(A) Diabetes

(B) Hypertension

(C) Asthma

(D) COVID-19

25 What does it mean if a person receives a negative result from disease screening?

(A) They are at low risk of having the condition they were screened for

(B) They should do further diagnostic tests to confirm the results

(C) They will never develop the condition for the rest of their life

(D) They might have the condition that they were screened for

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26 Women aged 25-65 should be screened for .

(A) cervical cancer

(B) breast cancer

(C) prostate cancer

(D) all of the options are correct

27 If something is non-modifiable, then .

(A) you can change it

(B) you have no control over it

(C) it can increase the risk of disease

(D) it can prevent illness or disease

28. Which of the following is a non-modifiable risk factor of disease?

(A) Being overweight

(B) A sedentary lifestyle

(C) Family history

(D) Hypertension

29 Noor received a positive result after a screening test for cervical cancer. What does this mean?

(A) Noor has been diagnosed with cervical cancer

(B) Noor is at a low risk of developing cervical cancer

(C) Noor may have cervical cancer and should do more tests to confirm

(D) Noor is immune or resistant to cervical cancer

30 A patient has an infectious disease that is highly contagious. Which of the following is most effective in preventing the infection from spreading to more people?

(A) Quarantining the patient until they are fully recovered

(B) Make the patient wear gloves when walking around the hospital

(C) Screen the patient for any other diseases or illnesses

(D) Increase the number of nutrients and healthy fats consumed

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31. A pap smear test is used to screen for .

(A) prostate cancer

(B) bowel cancer

(C) breast cancer

(D) cervical cancer

32. Which test is used to screen for breast cancer?

(A) Pap smear teat

(B) Blood test

(C) Mammogram

(D) Lipid test

33 A or an illness is a medical condition that stops aperson's body from working properly.

(A) pain

(B) disease

(C) measurement

(D) skill

34 Disease means stopping or lowering the chance of getting a disease or illness.

(A) detection

(B) manifestation

(C) prevention

(D) creation

35 Diseases caused by bacteria, viruses and parasites that can be spread from one person to another are known as a .

(A) non modifiable risk factors

(B) non communicable disease

(C) modifiable risk factors

(D) communicable disease

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36 risk factors are the risk factors that you cannot change.

(A) Communicable

(B) Modifiable

(C) Non-modifiable

(D) Non communicable

37 The best way that people can lower their risk of disease is by:

(A) living a healthy lifestyle

(B) practicing good personal hygiene

(C) having regular medical check-ups

(D) All of the above

38. is an example of a non communicable disease.

(A) Corona virus

(B) Cardiovascular disease

(C) Common cold

(D) Measles

39 is an example of a modifiable risk factor.

(A) Gender

(B) High blood pressure (hypertension)

(C) Ethnicity

(D) Family history

40 Having a healthy diet is related to your mental health and improvingyour diet may:

(A) improve your mood

(B) lower your stress levels

(C) help you think more clearly

(D) All of the above.

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41 You should aim to get between of sleep a night as a way of getting enough sleep regularly in order to reduce the risk ofdisease.

(A) 4-6 hours

(B) 12-14 hours

(C) 5 hours

(D) 7-9 hours

42 describes how you keep yourself and your surroundingsclean.

(A) Practice

(B) Personal hygiene

(C) Health

(D) Immunisation

43 Doing regular physical activity can .

(A) help you to increase your body weight

(B) help you to control your body weight.

(C) increase the risk of getting heart disease and stroke

(D) reduce bone and muscular strength

44. The World Health Organisation recommends that children andteenagers aged 5-17 years old should do .

(A) at least 60 minutes of moderate to high-intensity activity each day.

(B) at least 60 minutes of moderate to high-intensity activity each week.

(C) at least 150 minutes of moderate-intensity physical activity or 75minutes of high-intensity activity each week should be done

(D) at least 150 minutes of moderate to high-intensity activity each day.

45 The World Health Organisation recommends that adults aged 18-64years old should do:

(A) At least 150 minutes of moderate-intensity physical activity or 75minutes of high-intensity activity each week should be done.

(B) at least 60 minutes of moderate to high-intensity activity each week.

(C) at least 150 minutes of moderate to high-intensity activity each day.

(D) All of the above.

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46 Moderate-intensity activity is when you are working at ofyour maximum heart rate (MHR).

(A) 20%

(B) 70-80%

(C) 80-85%

(D) 60-70%

47. A high-intensity activity is an exercise that creates a big increase inyour heart and breathing rate working at of your maximum heart rate

(MHR).

(A) 20%

(B) 70-80%

(C) 80-85%

(D) 60-70%

48. A means that a person does not do regular physicalactivity.

(A) healthy lifestyle

(B) sedentary lifestyle

(C) unhealthy lifestyle

(D) strict lifestyle

49 is when you already have the antibodies to fight againsta disease should the disease enter your body again in future.

(A) Vaccination

(B) Infection

(C) Inflammation

(D) Immunity

50 Vaccinations save an estimated every year.

(A) 2.5 million lives

(B) 10 million lives

(C) 6 million lives

(D) 500 000 lives

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51. Regular health checks and screenings are extremely important indisease prevention as they can:

(A) diagnose diseases or health issues before they start to affect you

(B) allow you to keep track of your health, such as weight and bloodpressure

(C) give you peace of mind

(D) All of the above

52. The type of test for that is used in screening to determine prostatecancer for men over 45 years old is

(A) Blood pressure measurement

(B) Blood test or physical examination

(C) lipids test

(D) Body mass index (BMI) and waist circumference

53 If a person gets a 'positive' result from screening,

(A) it means they might have the condition they were screened for require further tests to confirm the results

(B) it means that they will never develop the condition in the future.

(C) it means they are at low risk of having the condition they werescreened for.

(D) it means they are healthy.

54 Three things are needed for an infection to spread are a source, aperson and .

(A) material

(B) infection

(C) bacteria

(D) transmission

55 If a person's hair can be pulled out very easily, it could mean they are low in protein.

(A) True

(B) False

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56 Pick the two correct answers:

Two diseases the UAE vaccinates children against diseases suchare and

(A) Asthma

(B) Tuberculosis (BCG)

(C) Cardiovascular disease

(D) Hepatitis B (Hep B)

57 Pick the two correct answers:

…..and ……. are two of the four of the mostcommon non communicable diseases.

(A) cardiovascular disease

(B) osteoporosis

(C) cancer

(D) gastroenteritis

58. Which of the following is incorrect about Disease prevention

(A) Includes living a healthy lifestyle

(B) Increase the chance of getting a chronic disease

(C) can lower their risk of disease

(D) Includes regular medical check-ups

59 Which of the following is incorrect about communicable disease

(A) Are mostly chronic diseases

(B) Caused by unhealthy lifestyle behaviours

(C) cannot be spread from one person to another.

(D) can be spread from one person to another.

60. An example of a non-communicable disease:

(A) Covid-19

(B) Influenza

(C) Osteoporosis

(D) Smallpox

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61. A non-modifiable disease risk factor thar depends on whether you are male or female.

(A) Gender

(B) Ethnicity

(C) Genetics

(D) Age

62. Being overweight or obese is a risk factor for all of the following except:

(A) cardiovascular disease

(B) Allergies

(C) stroke

(D) Diabetes

63. Consuming enough calcium-rich foods such as milk, cheese and yoghurt help to prevent

(A) Diabetes

(B) Stroke

(C) Obesity

(D) Osteoporosis

64. High amount of cholesterol can be found in

(A) Fast food

(B) Fruit and vegetables

(C) Complex carbs

(D) Avocados

65. One of the following is not a physical benefit of physical activity

(A) Helping to control body weight.

(B) lower your stress levels

(C) Reducing the risk of heart disease and stroke

(D) Improving bone and muscular strength

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66 One of the following is a correct (WHO) recommended guidelines for exercise in age group (5-17):

(A) at least 60 minutes of moderate to high-intensity activity each day

(B) At least 150 minutes of moderate-intensity physical activity each week

(C) At least 75 minutes of high-intensity activity each week should be done

(D) Should not do activities that strengthen muscles and bones.

67 One of the following is incorrect about moderate-intensity activity

(A) working at 70-80% of your maximum heart rate

(B) You should still be able to talk comfortably

(C) sweating heavily.

(D) Includes gardening/heavy housework

68 One of the following is incorrect about vaccinations

(A) Vaccines reduce the risk of getting a disease by working with the body'snatural defences to build protection.

(B) Vaccinations are important for the prevention and control of infectious disease outbreaks.

(C) Vaccination includes blood tests, scans, and physical examinations.

(D) Vaccinations save an estimated 2.5 million lives every year.

69 One of the following screening tests is done starting from our 20s and 30s:

(A) Eye checks for glaucoma

(B) Osteoporosis risk assessment.

(C) Cholesterol and glucose levels

(D) Bowel cancer screening.

70. One of the following screening tests is done starting from our 40s

(A) Eye checks for glaucoma

(B) Osteoporosis risk assessment.

(C) Cholesterol and glucose levels

(D) Bowel cancer screening.

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71. Fasting blood glucose/lipids test done every 3 years to test for:

(A) Diabetes High cholesterol

(B) Bowel cancer

(C) Hypertension (high blood pressure)

(D) Prostate cancer

72 A positive screening test result:

(A) means you are at low risk of having the condition

(B) Means you do not have the condition

(C) Confirms the presence of a disease

(D) Means you should go through more tests to confirm the presence of a disease.

73 an approach that aims to prevent patients and healthcare workers being harmed by avoidable infections.

(A) Vaccination

(B) Antibiotic resistance

(C) Infection spread

(D) Infection control

74. Pneumonia is one of the most common types of healthcare infections, it affects

(A) The urinary tract

(B) The lungs

(C) The surgical site

(D) The blood

75 Isolating the person who has an infection and in some cases anyone who has come into contact with this person.

(A) Quarantine

(B) immunization

(C) Social distancing

(D) Decontamination

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76. (PPE) in infection control stand for:

(A) Personal protective equipment

(B) Personal protection eye goggles

(C) Parasites protection elements

(D) Personal panned equipment

77. using televisions, laptops, or phones in the bedroom can help to improvesleeping quality.

(A) True

(B) False

78. If you don't practise good personal hygiene, then dirt and bacteria couldbuild up on your body and cause it to smell bad, or the skin to become infected and sore

(A) True

(B) False

79. Choose four of the answers below.

The effects of poor quality sleep over a long time

(A) type 2 diabetes

(B) high blood pressure

(C) Loneliness

(D) heart disease

(E) poor mental health

(F) Increased energy levels

80. Choose four of the answers below.

Examples of high-intensity activity include:

(A) Swimming slowly

(B) Gardening/heavy housework

(C) Cycling (over 16km per hour

(D) Swimming fast laps

(E) Hiking in the mountains

(F) Playing sports such as football

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81. Choose four of the answers below.

Screening tests that should be done at our 20s and 30s

(A) Dental check and cleaning

(B) BMI, waist, and hip measurements

(C) Cardiovascular disease risk assessment

(D) Sight and hearing tests

(E) Cholesterol and glucose levels

(F) Diabetes risk assessment

82 Choose three of the answers below.

Some causes of poor sleep are.

(A) Stress

(B) Caffeine intake in the evening

(C) Reading a book before sleep

(D) Exercising before sleep

(E) Food before sleep

83 Which type of medical test is used to screen for breast cancer:

(A) Mammogram

(B) Pap smear test

(C) Colonoscopy

(D) Lipid test

84. Why is it important to do regular health checks and screening for diseases

(A) To diagnose early, before they start to affect the person

(B) To increase people's resistance and immunity to disease

(C) To make people worried about their health

(D) To identify modifiable risk factors for disease

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85 Which of the following can cause a person to develop a disease or illness

(A) Poor lifestyle

(B) Bacteria and parasites

(C) Family history of disease

(D) All of the above

86. What is disease prevention

(A) Treating a disease after it been diagnosed

(B) Stopping a disease from developing in the first place

(C) Testing for disease when symptoms develop

(D) Increasing the risk of developing a disease

87 A risk factor is something that a person's chance of developing a disease

(A) Reduces

(B) Increases

(C) Stops

(D) Decreases

88 What does it mean to have a positive screening result

(A) The person is at a low risk of developing the disease

(B) The person does not have the disease

(C) The person might have the disease

(D) The person is immune to the disease

89. If something is modifiable, then:

(A) It can be changed

(B) It cannot be changed

(C) It increases the risk of disease

(D) It decrease the risk of disease

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90 In what way does physical activity benefit your social health

(A) Increased attention span

(B) Develop new leadership skills

(C) Increased muscular strength

(D) Increased endorphins

91 Which disease or condition do lipid tests screen for

(A) Breast cancer

(B) Bowe cancer

(C) High cholesterol

(D) Prostate cancer

92 Khalifa received a positive result after his prostate cancer screening test. What does this result means

(A) Khalifa has been diagnosed with cervical cancer

(B) Khalifa is at a low risk of developing prostate cancer

(C) Khalifa should do further tests to confirm if he has prostate cancer

(D) Khalifa is immune to prostate cancer

93 Which of the following statements about disease prevention is true

(A) Non-communicable diseases are spread by bacteria and parasites

(B) Good personal hygiene can help to prevent communicable diseases

(C) Eating healthy food can weaken your immune system

(D) It is possible to test for disease when symptoms are present

94. Ahmed has been advised to go for a colonoscopy. What disease does this test screening for

(A) Breast cancer

(B) Cervical cancer

(C) Prostate cancer

(D) Bowel cancer

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95 Which of the following is a positive health behaviour

(A) Getting 4 hours of sleep every day

(B) Eating fast food and unhealthy snacks

(C) Washing your hands before eating

(D) Having a sedentary lifestyle

96. Which of the following can help to prevent a non-communicable disease such as diabetes

(A) Washing your hands regularly

(B) Maintain a healthy body weight

(C) Staying away from people who are unwell

(D) Disinfecting shared areas

97. In what way does physical activity benefit your mental health

(A) Increased endorphins

(B) Improved muscular strength

(C) Reduced risk of disease

(D) Increased body fat

98 Which of the following pieces of information are required to calculate body mass index (BMI)?

(A) Weight and height

(B) Height and age

(C) Weight and gender

(D) Weight and body fat percentage

99 Calculate the body fat percentage of a 25-year-old man who weighs 64kg in total and has 18kg of body fat. Interpret the results.

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100. How should you accurately measure a person's height?

(A) Place a measuring tape around the waist

(B) Wear shoes to add extra height

(C) Stand straight with back against the measure

(D) Remove any heavy items from pockets

101 Rashid is 16 years old and 165 cm tall. Using the WHOs height-for-age growth chart for boys, answer the following questions.

a. What percentile does his height lie?

b. Explain the results.

102 What information is needed to calculate body fat percentage?

(A) BMI, body weight and age

(B) Body fat, age and BMI

(C) Body weight, body fat and height

(D) Body weight, body fat and age

103 Which of the following best describes malnutrition?

(A) A person who eats a wide range of food groups

(B) A person who lacks certain nutrients in their diet

(C) A person who does not eat any food

(D) All of the above

104 Which of the following is needed to calculate body mass index (BMI)?

(A) Body fat percentage and age

(B) Gender and Weight

(C) Weight and height

(D) Skinfold thickness and height

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105 Which of the following are biochemical methods of assessing nutritional status? Choose two.

(A) Recording waist circumference

(B) Measuring height

(C) Testing memory recall

(D) Testing blood sample

(E) Testing urine sample

106 Completing a food frequency questionnaire is an example of a method of assessing nutritional status.

(A) anthropometry

(B) biochemical

(C) clinical

(D) dietary

107. A 7-year-old girl is 120 cm tall. What percentile does she lie on?

(A) 97th

(B) 85th

(C) 50th

(D) 15th

108. It is possible to see if a person has a nutrient deficiency by looking at their hair and nails.

(A) True

(B) False

109. Calculate Sultan's BMI. He is 62kg and is 1.7m tall.

(A) 36.4

(B) 21.4

(C) 25.9

(D) 18.5

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110. Which of the following is an anthropometric method of assessing nutritional status?

(A) Testing blood or urine samples

(B) Recording a three-day food diary

(C) Measuring waist circumference

(D) Recording the food eaten in different cultures

111. Which of the following is a dietary method of assessing nutritional status?

(A) Measuring body fat

(B) Testing blood samples

(C) Recording height

(D) Recording food intake

112. Sultan weighs 67kg and has 15kg of body fat. Using the following formula, calculate Sultan's body fat percentage.

body fat ÷ total body weight x 100

113 What is bioelectrical impedance analysis used for?

(A) To measure a person's height

(B) To measure a person's weight

(C) To measure a person's body fat

(D) To measure a person's waist circumference

114 What is an advantage of using food frequency questionnaires to assess nutritional status?

(A) It relies on honest responses from the individual

(B) Eating patterns of food are not always consistent

(C) The information is quick and easy to collect

(D) It gives an overview of eating patterns for one day

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115 Using the formula below, calculate the BMI of a Sara, who is 150cm tall and weighs 59kg.

BMI = weight (kg) ÷ height2 (m2)

116 What does E stand for in the 'ABCDE' methods of assessing nutritional status?

(A) Energy intake

(B) Education factors

(C) Early development

(D) Environmental factors

117 The height for 15-year-old males on the 50th percentile is 168cm. What doesthis mean?

(A) 3% of males are 168cm or taller

(B) All males aged 15-years-old are shorter than 168cm

(C) The average height for 15-year-old males is 168cm

(D) 3% of males are 168cm or shorter

118 Which of the following BMI readings fall into the overweight category?

(A) 17.5

(B) 21.5

(C) 26.5

(D) 31.5

119. Calculate the body fat percentage of a boy who has 20kg of fat and has a total body weight of 75kg.

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120 In terms of undernutrition, what is the meaning of stunting?

(A) When someone is a low weight for their height

(B) When someone is a low height for their age

(C) When someone is a low weight for their age

(D) When someone is a low height for their weight

121 Which of the following is a clinical method of assessing nutritional status?

(A) Taking blood or urine samples

(B) Checking the physical appearance of nails

(C) Recording a three-day food diary

(D) Calculating body fat percentage

122 Sultan has a vitamin A deficiency. What does this means?

(A) Sultan does not have enough vitamin A in his body

(B) Sultan consumes too much vitamin A every day

(C) Sultan should reduce the amount of vitamin A he consumes

(D) Sultan has an allergy to vitamin A

123 Which of the following is the most accurate method of measuring body fat

(A) Taking a lipid test

(B) Using a DEXA scanner

(C) Measuring height

(D) Calculating BMI

124 A person who is undernourished is likely to be

(A) Overweight

(B) Obese

(C) Healthy

(D) Underweight

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125 Meera weighs 52kg and has 12kg of body fat. Calculate her body fat percentage using the formula:

body fat ÷ total body weight x 100

(A) 23%

(B) 12%

(C) 0.23%

(D) 4%

126 Which type of assessing nutritional status allows healthcare professionals to identify the types of enzymes present in a patients's body

(A) Anthropometric

(B) Biochemical

(C) Clinical

(D) Dietary

127 Sultan is on the 50th percentile for his height-for-age. What does this mean?

(A) Sultan is small in height for his age

(B) Sultan is tall in height for his age

(C) Sultan is an average height for his age

(D) Sultan is taller than 97% of boys his age

128 What information does a person's skinfold thickness indicate

(A) How tall or short a person is in comparison to others

(B) The total amount of body fat a person has

(C) The size of a person's waist circumference

(D) Nutritional deficiencies in the body

129 In terms of undernutrition, which of the following refers to a person who is low weight for their height

(A) Wasting

(B) Stunting

(C) Underweight

(D) Deficient

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130. Omar is 61kg and is 159cm tall. Calculate his BMI using the formula:

BMI = weight (kg) ÷ height2 (m2)

(A) 24.13

(B) 2.52

(C) 98

(D) 38.36

131. Which term describes when a person has a poor nutritional status

(A) Malnutrition

(B) Dietitian

(C) Micronutrient

(D) Macronutrient

132 Kholood weighs 59kg and is 1.4m tall. Calculate her BMI using the following formula:

BMI = weight (kg) ÷ height2 (m2)

(A) 42.1

(B) 30.1

(C) 23.7

(D) 28.1

133 Noor has been told she should maintain her body weight. What does this mean?

(A) Noor should lose weight in a healthy way

(B) Noor should gain weight in a healthy way

(C) Noor should stay at the same weight

(D) Noor is at a high risk of disease

134 Rashid has an iron deficiency. What does this mean?

(A) Rashid consumes too much iron every day

(B) Rashid should reduce the amount of iron he consumes

(C) Rashid has an allergy to iron

(D) Rashid does not have enough iron in his body

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135 What information can be calculated using a person's skinfold thickness

(A) Body fat percentage

(B) Waist circumference

(C) Total body weight

(D) Nutrient deficiencies

136 Which of the following is a biochemical method of assessing nutritional status

(A) Measuring waist circumference

(B) Taking urine samples

(C) Recording food intake

(D) Checking the physical appearance of nails

137 ---------- methods of assessing nutritional status involve having a physical examination

(A) Anthropometric

(B) Biochemical

(C) Clinical

(D) Dietary

138 Medical professionals that will often measure the nutritional status of a patient.

(A) Paramedics

(B) Dietitians

(C) Orthopaedics

(D) None of the above

139 when the intake of nutrients matches the nutritional requirements or needs of a person

(A) Overnutrition

(B) Undernutrition

(C) ideal nutritional status

(D) Underweight

140 ---------- is used to describe someone who has a poor nutritional status

(A) Undernutrition

(B) Over nutrition

(C) Ideal nutrition

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(D) Malnutrition

141 A malnourished person may be

(A) Underweight

(B) Overweight

(C) obese.

(D) All of the above

142 when a person does not eat enough food or get enough nutrients from thefoods that they consume

(A) Undernutrition

(B) Overnutrition

(C) Ideal nutrition

(D) Underweight

143 One of the following is not an undernutrition status

(A) Stunting

(B) Overweight

(C) Underweight

(D) Wasting

144. ---------- is when a child is a low height for their age.

(A) stunting

(B) Overweight

(C) underweight

(D) wasting

145. One of the following describes an undernutrition status

(A) Overweight

(B) Nutrients deficiencies

(C) obesity

(D) All of the above

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146. ---------- is when someone is not getting enough of certain vitamins or minerals.

(A) Overweight

(B) stunting

(C) underweight

(D) Nutrients deficiencies

147. One of the following in not a purpose of nutritional assessment

(A) Identify people who are malnourished or at risk of malnutrition

(B) identify issues or diseases which may be present.

(C) Spread awareness about communicable diseases.

(D) develop healthcare programmes to meet the needs of a community

148 Anthropometric measurements will provide a quick indication of malnutrition such as:

(A) Sleeping pattern

(B) Eating pattern

(C) Sugar and cholesterol levels

(D) obesity, stunting and wasting.

149 One of the following does not belong to the anthropometric measurements ofnutritional assessment

(A) Height and weight

(B) Body mass index

(C) Blood tests

(D) Body fat percentage

150 A desirable waist circumference for females is

(A) Less than 80 cm

(B) 80-88 cm

(C) 88-94 cm

(D) More than 94 cm

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151. A males waist circumference of 102 cm indicates

(A) A desirable measurement

(B) High risk of con-communicable disease

(C) Very high risk of non-communicable disease

(D) Not at risk of non-communicable disease

152 One of the following is incorrect to do while measuring waist circumference

(A) Place the tape at the mid-point between the top of the hip bone and thelower ribs. It can be measured over thin clothes..

(B) The tape should not be too tight or too loose

(C) Abdominal muscles should be relaxed

(D) The measurement should be taken after breathing in.

153 The WHO growth charts are divided up into age groups. There are charts for all the following age groups except:

(A) 0-2 years

(B) 2-5 years

(C) 5-19 years

(D) 19-25 years

154 Growth charts plotting depend on

(A) Height

(B) Age

(C) Gender

(D) All of the above

155 A 13 years old female is on the 3rd percentile of the height growth chart, this meansshe is:

(A) At the same height or taller than 97% of females at her age.

(B) At the same height or shorter than 97% of females at her age.

(C) At the same height or taller than 50% of females at her age.

(D) At the same height or taller than 15% of females at her age.

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156 One of the following is incorrect about height growth charts:

(A) compare the growth of individuals of the same age.

(B) They are used to monitor and track the growth and development of people atall ages.

(C) They also help to monitor and track the development of boys and girls overtime

(D) can be used to identify if there is a growth problem that could be related to malnutrition.

157 A body mass index of 17 indicates that the person is

(A) Underweight

(B) Has normal body weight

(C) Overweight

(D) Obese

158. The body mass index reading that indicates that the person has a normal bodyweight is:

(A) Below 18.5

(B) 18.5 – 24.9

(C) 25 – 29.9

(D) 30 – 35

158 An X-ray that shows an exact breakdown of fat mass, bone density and muscle mass

(A) Skinfold

(B) DEXA scanner

(C) Bioelectrical impedance

(D) Body mass index

159 A method of measurement that sends a weak electrical current through the body to measure body fat.

(A) Skinfold

(B) DEXA scanner

(C) Bioelectrical impedance

(D) Body mass index

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160 To calculate and interpret the body fat percentage you need

(A) Height and weight

(B) Height and body fat

(C) Weight, body fat and age

(D) Height, weight and age

161 The body fat percentage category colour that shows normal body fat is:

(A) Blue

(B) Green

(C) Amber

(D) Red

162. One of the following is incorrect about the biochemical measurements

(A) are taken and tested in a lab facility.

(B) Measure chemicals and nutrients in your bloodstream

(C) they show exactly how much of a certain nutrient or enzyme is present in the body.

(D) They are the least accurate methods of nutritional assessment

163. physical examinations that look for physical clues of nutrition-related health problems on the body.

(A) Anthropometric methods

(B) Biochemical methods

(C) Clinical methods

(D) Dietary methods

164 One of the following is a clinical method of nutritional assessment

(A) Measuring height and weight

(B) Looking for Signs of infection

(C) Filling a food questionnaire

(D) Testing sodium in the blood

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165. The patient should give as much information as they can about the foods and drinks they consumed in a day. It is an open-ended method of nutritional assessment.

(A) Twenty-four-hour dietary recall

(B) Food and drink questionnaire

(C) Three-day food diary

(D) Food frequency questionnaire

166. Which of the following shows an advantage of the 24 hours dietary recall:

(A) Some people may struggle to recall the portion size of their foods, orhow much they had leftover.

(B) It only gives an overview of one day's eating pattern.

(C) do not take a large amount of time to complete and can be done over thephone or in person.

(D) Some patients will not give honest responses out of fear of beingjudged by the medical professional.

167 The three days food diary are:

(A) Three weekend days

(B) Three week days

(C) Two week days and a weekend day

(D) Two weekend days and a week day

168 A disadvantage to the three days food diary

(A) Diary entries are done in real-time, so it does not rely on memory.

(B) It requires a high level of commitment to weigh and record every item of foodeaten.

(C) The level of detail provided will allow for accurate estimates of regular dietary intake.

(D) Most patients can remember what they ate on the previous day

169 It is not an open-ended method of nutritional assessment.

(A) Food frequency questionnaire

(B) Twenty-four-hour dietary recall

(C) Three-day food diary

(D) None of the above

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170. A disadvantage to the food frequency questionnaire.

(A) It is quick and easy to complete.

(B) Specific foods are listed. Sometimes a food could be forgotten or missed out

(C) It can be used on large groups of people.

(D) It requires a high level of commitment to weigh and record every item of foodeaten

171. How the socioeconomic status can impact the eating habits and food choice

(A) If someone has limited income, they may not be able to spend much money food.

(B) Healthier foods are generally less expensive than unhealthy foods.

(C) People are less likely to eat healthy if there is no access to healthy affordable food near their home.

(D) High income cause people to eat unhealthy food.

172 Food deserts are:

(A) Areas with limited water sources

(B) Areas full of sand and rocks

(C) areas where people don't have easy access to affordable, healthy food options.

(D) Areas where people have too many food markets around.

173 Vegan diet is known to be:

(A) High in saturated fat

(B) lower in protein, iron and B12

(C) High calorie diet

(D) High in simple sugar

174 Which of the following factors does not affect food consumption

(A) Culture

(B) Religion

(C) Allergies and intolerances

(D) None of the above

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175 Choose four of the answers below.

Correct steps of measuring height

(A) Take measurement with shoes on

(B) Remove shoes as they can add extra height

(C) Make sure the person is standing straight with their chest against the measure

(D) Make sure the measure is straight

(E) The heels, back and head should be touching the measure.

(F) Lower the reading bar to the top of the head so a measurement can be taken

176 Choose five.

In a 24 hours dietary recall, the patient needs to recall:

(A) the cooking method used.

(B) the ingredients used.

(C) the time of day they had it.

(D) The budget of the food

(E) the amount of food eaten

(F) if they had any leftovers.

(G) The utensils used for cooking

177 Choose four

Related to clinical methods of nutritional assessment

(A) Diarrhoea and other digestive issues

(B) Blood and urine test

(C) Fasting blood sugar

(D) current medical conditions

(E) Physical appearance

(F) Nutritional supplement use

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178 During which trimester does the foetus develop meconium (it's first bowel movement)?

(A) Trimester 1

(B) Trimester 2

(C) Trimester 3

179 Which of the following are benefits of breastfeeding? Choose three

(A) It weakens the baby's immune system

(B) It is expensive and not readily available

(C) It is free, safe and readily available

(D) It has no nutritional benefit to the baby

(E) It helps to develop the baby's immune system

(F) It is environmentally friendly

180 Emergency medical care is needed during pregnancy if a woman experiences constipation, morning sickness and low iron levels.

(A) True

(B) False

181 Which of the following should women avoid during pregnancy? Choose three.

(A) Wholegrain bread

(B) Fish high in mercury

(C) Cooked chicken

(D) Caffeine

(E) Milk

(F) Processed meat

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182 Which of the following are benefits of physical activity during pregnancy? Choose three.

(A) Helps a woman to gain only a healthy amount of weight

(B) Reduce self-esteem and mood

(C) Helps to reduce stress and anxiety

(D) Helps to maintain cardiovascular and muscular fitness

(E) Increase the risk of developing gestational diabetes

(F) Increases bloating and constipation

183 How many weeks does pregnancy usually last?

(A) 10-12 weeks

(B) 20-22 weeks

(C) 30-32 weeks

(D) 40-42 weeks

184 Which of the following changes happen during the first trimester of pregnancy?

(A) The foetus can make urine

(B) The umbilical cord forms

(C) The gender is apparent

(D) The bones are fully formed

185 How do women's calorie needs change during their second trimester of pregnancy?

(A) Calorie needs should stay the same as before pregnancy

(B) Calorie intake should increase by around 360 calories

(C) Calories should come mainly from fish high in mercury

(D) Calorie intake should decrease by around 360 calories

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186. Why is it important to take folic acid supplements during pregnancy?

(A) To help carry oxygen around the body

(B) To help prevent healthy bone development

(C) To help prevent the foetus developing neural tube defects

(D) To help with healthy weight gain during pregnancy

187 Which term refers to the tightening and relaxing of muscles in the womb?

(A) Colostrum

(B) Gestational

(C) Contraction

(D) Trimester

188 Which of the following exercises are recommended during pregnancy?

(A) Kickboxing

(B) Rock climbing

(C) Horse riding

(D) Swimming

189 Why are ultrasound scans used during pregnancy?

(A) To check the foetus is growing at a healthy rate

(B) To monitor the mother's blood pressure

(C) To check for gestational diabetes or low iron levels

(D) To reduce swelling in the legs

190. What is the first bowel movement of a foetus called?

(A) Colostrum

(B) Meconium

(C) Gestational

(D) Amniotic fluid

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191 What mineral supplement may be recommended to women who havedeveloped anaemia during pregnancy?

(A) Folic acid

(B) Calcium

(C) Iron

(D) Magnesium

192 When should a pregnant woman get immediate medical attention?

(A) If she can feel the feotus moving

(B) If she has swelling in her legs

(C) If she has lost a lot of fluid

(D) If she has fatigue

193 A mother who has difficulty bonding with her newborn baby and struggles tolook after her baby may be showing signs of which condition?

(A) Postnatal depression

(B) Postnatal anaemia

(C) Postnatal anxiety

(D) Gestational diabetes

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