Baraem Al Ain Private School
All Classes, From KG to Grade 12, Boys & Girls
Licence No. 130, 1985 - Baniyas

مدرسة براعم العين الخاصة
جميع المراحل من الروضة حتى المرحلة الثانوية العامة بنين + بنات
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Health sciences – Term 1 (2022 – 2023)   **Revision – Unit 6 (Assessment of nutritional status)**

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1. Match the following methods of assessing nutritional status to the correct category.

	Method
1. Anthropometric	c
2. Biochemical	d
3. Clinical	b
4. Dietary	a

a) Food frequency questionnaire
b) Checking physical appearance of fingernails
c) Measuring the skinfold thickness
d) Taking a blood or urine sample

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2. 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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3. 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

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4. 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

5.	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.

6.	Name one advantage and one disadvantage of using a food frequency questionnaire to assess nutritional status.

7.		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

8.	Fill in the blanks.
	It is important to measure ____b_____ alongside body fat percentage to assess health. This is because a person could be _____c_____ according to their BMI, but their body fat percentage could be quite low. This happens with people who have a lot of ___a_____. a. muscle b. BMI c. overweight

9.		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

10.	Describe how callipers are used to measure body fat.

11.		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

12.	Fill in the blanks.
	Anthropo means '_____c_____' and metry means 'measurement'. Anthropometry is the study of ___a_____ measurements of the body. This includes measuring height and ___b_____ circumference.
	a. physical b. waist c. human

13.	Give one example of a biochemical method of assessing nutritional status.

14.	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

15.	Completing a food frequency questionnaire is an example of a _____ method of assessing nutritional status.
	(A)	anthropometry
	(B)	biochemical
	(C)	clinical
	(D)	dietary

16.	Fill in the blanks.
	Growth charts are used to compare the growth of individuals of the same _____c_____. They monitor and track the _____b_____ of boys and girls over time. They can be used to identify any growth _____d_____ that could be related to _____a_____.
	a. malnutrition b. development c. age d. problems

17.	A 7-year-old girl is 120 cm tall. What percentile does she lie on?
	(A)	97th
	(B)	85th
	(C)	50th
	(D)	15th

18.	It is possible to see if a person has a nutrient deficiency by looking at their hair and nails.
	(A)	True
	(B)	False

19.	Calculate Sultan's BMI. He is 62kg and is 1.7m tall.	
	(A)	36.4
	(B)	21.4
	(C)	25.9
	(D)	18.5

20.	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

21.	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

22.	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

23.	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

24.	Match the methods of assessing nutritional status to the correct category.
	1. Anthropometric methods [c] 2. Biochemical methods [a] 3. Dietary assessment [b] a. Urine test b. Food frequency questionnaire c. Measuring height

25.	Name two physical clues that suggest a person may have a nutrient deficiency.

26.	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

27.	Using the formula below, calculate the BMI of a Sara, who is 150cm tall and weighs 59kg.
	$$BMI = weight\ (kg) \div height^2\ (m^2)$$

28.	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

29.	Name one anthropometric method to assess nutritional status.

30.	The height for 15-year-old males on the 50th percentile is 168cm. What does this 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

31.	Which of the following BMI readings fall into the overweight category?	
	(A)	17.5
	(B)	21.5
	(C)	26.5
	(D)	31.5

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

33.	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

34.	How can socioeconomic status impact a person's nutritional status?

35.	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

37.	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

38.	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

39.	A person who is undernourished is likely to be
	(A) Overweight
	(B) Obese
	(C) Healthy
	(D) Underweight

40.	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%

41.	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

42.	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

43.	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

44.	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

45.	Omar is 61kg and is 159cm tall. Calculate his BMI using the formula: $$BMI = weight\ (kg) \div height^2\ (m^2)$$	
	(A)	24.13
	(B)	2.52
	(C)	98
	(D)	38.36

46.	Which term describes when a person has a poor nutritional status	
	(A)	Malnutrition
	(B)	Dietitian
	(C)	Micronutrient
	(D)	Macronutrient

47.	Kholood weighs 59kg and is 1.4m tall. Calculate her BMI using the following formula: $$BMI = weight\ (kg) \div height^2\ (m^2)$$	
	(A)	42.1
	(B)	30.1
	(C)	23.7
	(D)	28.1

48.	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

49.	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

50.	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

51.	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

52.	---------------- methods of assessing nutritional status involve having a physical examination
	(A) Anthropometric
	(B) Biochemical
	(C) Clinical
	(D) Dietary

53.	Medical professionals that will often measure the nutritional status of a patient.
	(A) Paramedics
	(B) Dietitians
	(C) Orthopaedics
	(D) None of the above

54.	when the intake of nutrients matches the nutritional requirements or needs of a person
	(A) Overnutrition
	(B) Undernutrition
	(C) ideal nutritional status
	(D) Underweight

55.	---------------- is used to describe someone who has a poor nutritional status	
	(A)	Undernutrition
	(B)	Overnutrition
	(C)	Ideal nutrition
	(D)	Malnutrition

56.	A malnourished person may be	
	(A)	Underweight
	(B)	Overweight
	(C)	obese.
	(D)	All of the above

57.	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

58.	One of the following is not an undernutrition status	
	(A)	Stunting
	(B)	Overweight
	(C)	Underweight
	(D)	Wasting

59.	------------- is when a child is a low height for their age.	
	(A)	stunting
	(B)	Overweight
	(C)	underweight
	(D)	wasting

60.	One of the following describes an undernutrition status	
	(A)	Overweight
	(B)	Nutrients deficiencies
	(C)	obesity
	(D)	All of the above

61.	------------------ is when someone is not getting enough of certain vitamins or minerals.	
	(A)	Overweight
	(B)	stunting
	(C)	underweight
	(D)	Nutrients deficiencies

62.	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

63.	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.

64.	One of the following does not belong to the anthropometric measurements of nutritional assessment
	(A) Height and weight
	(B) Body mass index
	(C) Blood tests
	(D) Body fat percentage

65.	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

66.	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

67.	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 the lower 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.

68.	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

69.	Growth charts plotting depend on	
	(A)	Height
	(B)	Age
	(C)	Gender
	(D)	All of the above

70.	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.

71.	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.

72.	A body mass index of 17 indicates that the person is	
	(A)	Underweight
	(B)	Has normal body weight
	(C)	Overweight
	(D)	Obese

73.	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

74.	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

75.	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

76.	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

77.	The body fat percentage category colour that shows normal body fat is:	
	(A)	Blue
	(B)	Green
	(C)	Amber
	(D)	Red

78.	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

79.	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

80.	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

81.	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

82.	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.

83.	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

84.	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

85.	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

86.	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

87.	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.

88.	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.

89.	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

90.	Which of the following factors does not affect food consumption	
	(A)	Culture
	(B)	Religion
	(C)	Allergies and intolerances
	(D)	None of the above

91.	**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

92.	**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

93.	**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