

الإجابات الصحيحة (أ.محمد ميرة)

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

- A. Gender B. Ethnicity C. Age D. Smoking

76. Which is incorrect about communicable disease

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| (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. |

110. Which of the following statements about disease prevention is true

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|------------|---|
| (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 |

114. 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

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.

$$fat\% = \frac{body\ fat}{TBW} \times 100$$

$$= \frac{18}{64} \times 100 = 28.1\%$$

26. Using the formula below, calculate the BMI of a Sara, who is 150cm tall and weighs 59kg. BMI = weight (kg) ÷ height² (m²)

$$BMI = \frac{59}{1.5^2} = 26.2$$

30. Which of the following BMI readings fall into the overweight category?

- A. 17.5 B. 21.5 C. 26.5 D. 31.5

34. 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

36. 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. Which type of assessing nutritional status allows healthcare professionals to identify enzyme types present in a patients' body :

- A. Anthropometric B. Biochemical C. Clinical D. Dietary

66. 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

67. Growth charts plotting depend on :

- A. Height B. Age C. Gender D. All of the above

91. Choose four. What is checked in a physical exam :

- ☒ (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

110. 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