UNIT 6

Assessment of Nutritional Status

REVISION PAPER

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1. _____ describes the state of a person's health depending on his or her diet.

   a) Malnutrition
   b) Nutritional status
   c) Deficiency
   d) BMI

2. Someone who is described as malnourished may be _____ .

   a) underweight
   b) overweight
   c) obese
   d) All of the above

3. The term _____ is used when a person does not eat enough food or get enough nutrients from the foods that they consume.

   a) malnutrition
   b) undernutrition
   c) stunting
   d) undereating

4. _____ is a type of undernutrition which describes when someone is a low weight for their height.

   a) Wasting
   a) Stunting   (التقزم)
   b) Underweight
   c) deficient

5. There are five main categories of nutritional assessment. The "C" category in the ABCDE methods of assessing nutritional status is known as _____.

   a) Containment method
   b) Clinical method
   c) Counting Fat method
   d) Circumference method

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6. _____ is when someone is not getting enough of certain vitamins or minerals.

    b) Macronutrient deficiency
    c) Nutritional status
    d) Micronutrient deficiency
    e) Nutritional assessment

7. One reason why doing a nutritional assessment is helpful is because:

    a) It can cure disease
    b) It can identify issues or diseases which may be present.
    c) It does not help identify people who are malnourished
    d) It increases your weight

8. _____ are different methods of measurements such as height and weight or waist circumference which can be used to work out the physical status of a person.

    a) Nutritional methods
    b) Clinical methods
    c) Biochemical methods
    d) Anthropometric measurements

9. Which of the following will you need to figure out where someone fits on a growth chart?

    a) The person's gender (male or female)
    b) The person's age (usually in years)
    c) The person's height (in centimetres)
    d) All of the above

10. The red, yellow, and green lines on a growth chart are called _____ .

    a) measurements
    b) percentiles
    c) growth lines
    d) percentages

11. What is the correct formula used to calculate your BMI (body mass index)?

   a) BMI = weight (kg) − height^2 (m^2)
   b) BMI = weight (kg) ÷ height^2 (m^2)
   c) BMI = weight (kg) + height (m^2)
   d) All of the above

12. _____ is a measurement of a person's weight for their height which is used to identify weight status.

   a) Body fat percentage
   b) Body mass index (BMI)
   c) Height
   d) Waist circumference

13. The most accurate way to measure body fat is by using a _____ .

   a) Skinfold thickness
   b) Waste circumference
   c) DEXA scanner
   d) Bioelectrical impedance analysis (BIA)

14. When measuring fat, _____ are measured using a tool called callipers which grip the fat through the skin and can be used at different parts of the body.

   a) arms
   b) waist circumference
   c) skinfolds
   d) hand size

15. What is the correct formula used to calculate one's body fat percentage?

   a) Body fat ÷ TBW x 100
   b) Body fat x total body weight x 100
   c) Body fat = weight (kg) ÷ height^2 (m^2)
   d) Body fat ÷ height x 100

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16. _____ is a method of measuring body fat where a weak electrical current is sent through the body and the machine can tell when the electrical current is travelling through fat as opposed to muscle.

    a) DEXA Scanner
    b) Bioelectrical impedance analysis (BIA)
    c) Waist circumference
    d) Body fat percentage

17. _____ of nutritional assessment can also be called laboratory measurements of nutritional assessment and can involve testing samples of blood and urine.

    a) Dietary methods
    b) Anthropometric methods
    c) Biochemical methods
    d) Clinical methods

18. _____ are physical examination methods where medical professionals look for physical clues of nutrition-related health problems on the body.

    a) Environmental methods
    b) Biochemical methods
    c) Dietary methods
    d) Clinical methods

19. _____ is a disease that can cause the bones of children to become soft or not develop properly usually due to a deficiency in vitamin D and calcium.

    a) Rickets
    b) Cardiovascular disease
    c) Stroke
    d) Cancer

20. The E in the ABCDE of assessment of nutritional status stands for _____ .

    a) Entry Assessment
    b) Environmental factors
    c) Enclosed factors
    d) Efficiency

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21. _____ is an environmental factor in the assessment of nutritional status relating to people's background or social status and income.

    a) Wellbeing status
    b) Socioeconomic status
    c) Health status
    d) Environmental status

22. Anthropometric measurements may provide a quick indication of malnutrition such as obesity, stunting and wasting.

    a) True
    b) False

23. When you are measuring your weight to check your BMI, you should:

    a) Keep heavy items on you.
    b) Make sure the weighing scale is reliable.
    c) Move around on the scale.
    d) Measure weight in stones.

24. When you are measuring your height to check your BMI, two things you should do are:

    a) Remove shoes as they can add extra height
    b) Look straight ahead.
    c) Stand looking up
    d) Tip toe on the balls of your feet

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

    a) True
    b) False

26. Tissues of the body that can show nutrient deficiencies in clinical methods of nutritional assessment can include the three of following:

   a) skin
   b) elbows
   c) eyes
   d) height
   e) nails

27. The BMI classification for 'Underweight' is

   a) 30+
   b) 18.5 - 24.9
   c) Less than or equal 18.5
   d) 25 - 29.9

28. The BMI classification for 'Overweight' is

   a) 30+
   b) 18.5 - 24.9
   c) Less than or equal 18.5
   d) 25 - 29.9

29. Which of the following are needed to calculate BMI? Choose two answers.

   a) Age
   b) Gender
   c) Weight
   d) Height

30. You need 3 things to calculate your body fat percentage.

   a) medicine
   b) Total body weight (TBW) in kilograms (kg)
   c) Tape measure
   d) Body fat in kilograms (kg)
   e) Age

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31. The person has gone above the healthy body fat for their age and they should try to reduce it. Which colour indicates this result of body fat percentage?

    a) Blue
    b) Green
    c) Amber
    d) Red

32. This category shows that the person has too little body fat for their age. Which colour indicates this result of body fat percentage?

    a) Blue
    b) Green
    c) Amber
    d) Red

33. The laboratory specialist who interprets the results needs to know certain things about the patient who is being tested. The information they need to know includes

    a) current medications.
    b) Total body weight (TBW) in kilograms (kg)
    c) previous medical history
    d) Body fat in kilograms (kg)
    e) a clinical examination report

34. _____ is an open-ended method of nutritional assessment where patients must record food intake for three days: two weekdays and one weekend day. This diary be completed as you go along, rather than a recall or memory

    a) Twenty-four-hour dietary
    b) Three-day food diary
    c) Food frequency questionnaire
    d) Anthropometric Measurement

35. Which method of nutritional assessment involves taking physical measurements of the body?

    a) Anthropometry
    b) Dietary assessment
    c) Clinical methods
    d) Environmental factors

36. Which is not a type of undernutrition?

   a) stunting
   b) underweight
   c) wasting
   d) obese

37. Mansoor has a waist circumference of 97cm, how would this waist circumference be classified?

   a) Desirable
   b) High risk
   c) Very high risk
   d) Underweight

38. DEXA scanners, skinfold thickness and bioelectrical impedance analysis are ways of measuring _____ .

   a) body fat
   b) body mass index
   c) waist circumference
   d) weight

39. What is Sara's BMI if her weight is 62kg and her height is 1.6m?

   a) 24.025
   b) 43.06
   c) 24.2
   d) 38.75

40. What is Rashid's body fat percentage if his body fat is 20kg and his total body weight (TBW) is 85kg? Give your answer to the nearest whole number.

   a) 24
   b) 23
   c) 42.5
   d) 21.25

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41. Which of the following tissues can show evidence of nutrient deficiencies?

    a) Skin
    b) Gums
    c) Nails
    d) All of the options are correct

42. 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

43. It involves a set number of questions with multiple choice answers. The questions are not open-ended, they ask how often a food is eaten over the course of a week, month or several months. Which method of recording dietary intakes is being described?

    a) Twenty-four-hour dietary recall
    b) Three-day food diary
    c) Food frequency questionnaire
    d) Biochemical methods

44. _____ are areas where people don't have easy access to affordable healthy food options this is usually because there is no grocery store within convenient distance.

    a) Deserts
    b) Remote areas
    c) Food deserts
    d) Costal areas

45. 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

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46. 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

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

    a) 17.5
    b) 21.5
    c) 26.5
    d) 31.5

48. 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

49. What is an advantage of using food frequency questionnaires to assess nutritional status?
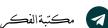
    a) It relies on honest responses from the individual
    b) Eating patterns of food are not always consistent
    c) The information is quick and easy to collect
    d) It gives an overview of eating patterns for one day

50. 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
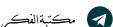   d) To measure a person's waist circumference

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51. 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

52. 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

53. What is a food frequency questionnaire?

    a) A record of all food and drinks eaten over three-day period
    b) A number of multiple-choice questions about portion size and how often a food is eaten
    c) Patients record what they ate within a twenty-four-hour period
    d) Physical examinations that look for clues of nutrition-related problems in the body

54. Taking samples of blood and urine are a/an _____ method of assessing nutritional status.

    a) biochemical
    b) clinical
    c) dietary
    d) environmental

55. Hamdan has a BMI score of 23, which category does he belong to?

    a) Underweight
    b) Healthy weight
    c) Overweight
    d) Obese

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56. Which of the following is considered an anthropometric measurement?

   a) Weight
   b) Height
   c) Waist circumference
   d) All of the above

57. What is a food desert?

   a) An area of the desert that you would find a grocery store
   b) A sweet meal that you usually eat after dinner
   c) The act of fasting for a twenty-four-hour period
   d) Areas where the nearest grocery stores are very far away

58. Which of the following are physical signs of a nutrient deficiency?

   a) Thin, indented fingernails
   b) Soft bones that do not grow properly
   c) Hair thinning/hair loss
   d) All of the above

59. What measurements are needed to calculate someone's BMI?

   a) Age and height
   b) Gender and age
   c) Height and weight
   d) Weight and gender

60. What does the term 'undernutrition' describe?

   a) A person that is overweight and is trying to lose weight
   b) A person that does not get enough nutrients from the food they eat
   c) A person that is 'healthy' weight but is deficient in vitamins
   d) All of the above

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Resources

- *G12 – Term 2 – Unit 5: Disease Prevention*

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