



King Abdulaziz University  
Home Economic Dept.

Time : 50min  
score : 15 points

Model Exam 1 (35-2)

Nutrition Assessment

FNU-421

Second semester –(1434)

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Student Name :.....

Registration Number :.....

Question (1)-6	
Question( 2)-4	
Question (3)-5	

### **Question (1): Fill in the blank (6 points )**

**[Assessment of Nutritional Status - The American Dietetic Association(ADA) definition - Dietary intake forms - Screening - Subjective global assessment - Objective data.]**

1- can be quantified and can serve as assessment tools .These tools provide specific ,quantifiable data to assess individual patients or groups and to monitor nutrition intervention outcomes.

#### **(Objective data)**

2- To be able to assess a person's nutritional status by integrating nutrition into the medical history, review of systems, physical examination and laboratory evaluation.

#### **(Assessment of Nutritional Status)**

3-“ Tools used to collect information about an individual’s food intake.”

#### **(Dietary intake forms)**

4-It is an alternative method of nutrition assessment that collects and evaluates subjective data for identification of patients at nutritional risk.

#### **(Subjective global assessment)**

5- Is the process of discovering characteristics or risk factors known to be associated with dietary nutritional problems.

#### **(Screening)**

6- “a comprehensive approach, completed by a registered dietitian, to defining nutritional status that uses medical, nutrition, and medication histories; physical examination; anthropometric measurements; and laboratory data”

**(The American Dietetic Association(ADA) definition )**

**Question (2) : Put True or False and correct the wrong answer(5points)**

1-Laboratory data and anthropometric measurements are subjective data.

**(False)**

.....**Objective**.....

2-Once the data on an individual is collected and organized, the practitioner can assess and evaluate the nutritional status of that person.

**(True)**

.....

3-profile is a set of forms that can be used to collect or organize information about the population served and available resources.

**(True)**

.....

4- Objective data cannot be quantified and cannot serve as assessment tools.

(False)

.....can.....can.....

5- Clinical judgment and experience are important factors in evaluating subjective data.

(True)

.....

6- One of the nutritional assessment aims is to reduce growth retardation among low income children age 5 years and younger to less than 20%

(False)

.....10%.....

7- A tool is “any device used for doing or facilitating work”

(True)

.....

8- Subjective data require the collection of information that is then evaluated by sets of standards that are qualitative and less specific than those for quantitative data.

(True)

.....

9-Anthropometric measurements cannot be repeated and compared.

(False)

.....

10-The physical examination focuses on subcutaneous fat ,muscle wasting, and presence of edema in the ankles .

(True)

.....

**Question (3):circle the correct answer (4 points)**

**1) Data by SGA system that ranks the patients as:**

- A) well nourished
- B) moderately or possibly malnutrition
- C)or severely malnutrition.
- D) All of the above.**

**2) Objective data can be conducted by**

- A) Anthropometric and laboratory data.**
- B) Clinical signs and dietary data.
- C) Clinical and anthropometric data.
- D) Laboratory and clinical data.

**3) Assessing a Nutritional Status is to be able to collect and interpret data from:**

- A) Dietary assessment& Clinical assessment
- B) Biochemical (Laboratory) assessment
- C) Anthropometric assessment
- D) all of the above**

**4) Nutrition assessment tools include many forms or instruments for gathering data to assess the nutritional status of patient ,these include:**

- A) Dietary intake forms.
- B) Screening forms.
- C) Nutrition profile forms.
- D) A,B and C**

**5)A nutrition assessment is in depth evaluation of**

- A) Subjective and objective data.**
- B) Subjective data.
- C) Objective data.
- D) None of the above.

**6) Nutrition profile allows**

- A) Review the availability and utilization of existing supportive health personnel.
- B) Identify those who may be in need of nutritional care.
- C) indicate where to upgrade nutrition support services.
- D) All of the above.**

**7) nutritional assessment is important in:**

- A) Identifying persons at nutritional risk.
- B) Determining what type of nutrition intervention is appropriate to alter nutritional status .
- C) Monitoring the effects of nutrition intervention.
- D) A,B and C**

**8 ) Subjective data can be conducted by**

A) Anthropometric and laboratory data.

**B) Clinical signs and dietary data.**

C) Clinical and anthropometric data.

D) Laboratory and clinical data.

Good Luck