**King Saud University Applied Medical Sciences College**

[](http://images.google.com/imgres?imgurl=http://www.ksu.edu.sa/sites/KSUArabic/Mngmnt/RectorAndDeputies/UDB/IslamicChair/PublishingImages/big_logo.jpg&imgrefurl=http://www.ksu.edu.sa/sites/KSUArabic/Mngmnt/RectorAndDeputies/UDB/IslamicChair/Pages/default.aspx&usg=__NXgWhs9xr82E-gEwnkGHlfrpBdI=&h=548&w=439&sz=55&hl=en&start=10&tbnid=2OEMGFNKSQTPtM:&tbnh=133&tbnw=107&prev=/images?q=%D8%AC%D8%A7%D9%85%D8%B9%D8%A9+%D8%A7%D9%84%D9%85%D9%84%D9%83+%D8%B3%D8%B9%D9%88%D8%AF&gbv=2&hl=en&safe=active)

**Community Health Department**

**CHS 261 (Mid Term 1)**

**Time Allotted: 2 hours**

**Name:……………..................................................**

**Student ID NO.:………………………………….**

**Q1: Fill in the blanks (5 marks):**

1. ……………………………is the average amount of a nutrient that appears sufficient to maintain a specified criterion, a value used as a guide for nutrient intake when RDA can’t be determined.
2. ………………..and ………….……are considered as the protective and supportive food groups.
3. **Lactose** = …………………… + ……………………
4. Organic nutrients include…………................. , …………………….., …………………….., and ………………………
5. One exchange of cooked lean meat equals to……………………

**Q2: True and False: (5 marks):**

Read the following statements, and put (T) for the correct statement and (F) for the wrong one, with the correction of the wrong statements. (The words NOT & NO are not allowed)

1. Nutrition is the science concerned with nutritional planning and preparation of food.
2. A body mass index of 31 is considered as grade II obese.
3. Food guide pyramid is considered as a general guide that let you choose a healthful diet.
4. The RDA for the nutrient X is higher than the tolerable Upper Intake Level for this nutrient.
5. Sorbitol can add 4 Kcal/g to the energy intake
6. Ketones are produced when available CHO are adequate to meet energy needs
7. The main benefit that our bodies can get from Fruits is the protection against diseases.
8. The pectin in the apple you ate at lunch is considered a functional fiber
9. Hypoglycemia refers to a blood glucose level below the normal range.
10. One of the main purposes of nutritional assessment is to identify appropriate nutritional plan

**Q3: Multiple Choice Questions: (5 marks):**

**Choose only one correct statement from the followings:**

1. **If Sara's current weight is 73 kg and height is 160 cm, then her IBW & BMI will be:**
   1. IBW = 36 kg , BMI= 45.62 kg/m2
   2. IBW = 57.6 kg , BMI= 28.51 kg/m2
   3. IBW = 61.44 kg , BMI= 0.2851 kg/m2
   4. IBW = 61.44 kg , BMI= 45.62 kg/m2
2. **All of the followings are true about the RDA except:** 
   1. The average daily needs for all healthy people
   2. based on observations or experiments
   3. considered as a nutrition standard
   4. are set near the top end of the range of the population’s estimated requirements
3. **………………….. are intended to assist individuals in day-to-day meal planning:**
   1. Nutrition standards
   2. Dietary guidelines
   3. Food guides
   4. All of the above
4. **Amylase enzyme is one of the enzymes responsible for CHO digestion, it is secreted in:**
   1. Mouth
   2. Esophagus
   3. Stomach
   4. Intestines
5. **Foods that are categorized as low glycemic index foods are these which having a glycemic index of:**
   1. less than 50
   2. 55 to 70
   3. greater than 70
   4. none of the above
6. **Galactose is an example of:**
   1. Monosacharides
   2. Disaccharides
   3. Polysaccharides
   4. Oligosaccharides
7. **Sugar alcohols are attractive to food processors because:**
   1. They are low in cost
   2. Easily stored
   3. Don't require insulin for their metabolism
   4. All of the above
8. **An example of insoluble fiber is:**
   1. Pectin
   2. Gums
   3. Beta glucans
   4. Hemicellulose
9. **honey is considered as a:**
   1. Protective and supportive food group
   2. Main Energy Source food group
   3. Main Body Building food group
   4. None of the above
10. **2 g of protein can yield:**
    1. 18 kcal
    2. 9 kcal
    3. 8 kcal
    4. 4 kcal

**Q4: Matching: (4 marks):**

**Match the items on the right column with the items on the left column:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Word** | **No** | **Definition** |
| **8** | Metabolism | 1 | The highest amount of a nutrient that can be safely consumed |
| **6** | Fructose | 2 | A disaccharide found in commercial malt products and germinating cereal grains |
| **4** | Polysaccharide | 3 | The measure of the effect of carbohydrate containing food on blood glucose level |
| **2** | Maltose | 4 | A complex carbohydrate because it is made up of many single glucose (sachharide units). |
| **7** | Nutrition | 5 | Process by which plants containing chlorophyll are able to manufacture carbohydrate |
| **1** | Tolerable Upper Intake Level | 6 | Is absorbed less efficiently than glucose, and amount of 50 g or more can cause gastrointestinal distress. |
| **3** | Glycemic Index | 7 | The science of foods and the nutrients and other substances they contain , and of their actions within the body |
| **5** | Photosynthesis | 8 | The sum of all chemical changes that occur in the body |

**Q5: Calculation: (1 mark):**

Using the **Harris-benedict equation**, calculate the TER (total energy requirement) from the following data:

1. Male 2. Weight = 60 kg 3. Height = 164 cm 4. 25 y/o 5. AF = 1.1 and there is no stress.

GOOD LUCK ☺