

1st Assignment

Q1. Calculate the domestic supply, domestic utilization and Kg per capita supply? (the circled one only)

Q 2. Evaluate the Chinese diet in 1996 according to the data you have?

FAO Food Balance for China in 1996 (Demand Method) / the number of people in China (1,23 million in 1996)

Products	Domestic Supply (1000 tons)					Domestic Utilization (1000 tons)						Per Cap. Supply			
	Pro-duction	Imports	Stock Changes	Exports	Total	Feed	Seed	Pro-cessing	Waste	Other Uses	Food	kg per Year	kcal	Protein	Fat
Rice	131,449	779		368		7,532	2,911	1,319	6,252	0			931	16.3	2.0
Sweeteners /4	8,413	1,467	1,130	910				16		46			79	0.0	0.0
Vegetable Oils /7	6,950	2,978	1	565	9,363	0		1		3,097	6,272	5.1	123	0.0	13.9
Vegetables /8	199,624	172		2,756		1,531		0	15,380		180,132	146.2	106	6.1	0.9
Fruits /9	76,380	1,271		1,175	76,476	1,360		2,059	6,385	3			47	0.6	0.3
Spices /11	451	15		122	343				7		335	0.3	2	0.1	0.1
Meat & Poultry /13	51,517	426		1,138		1		26		3	50,790	41.2	335	13.1	30.9
Animal Fats /14	2,438	433		20	2,851	56				649	2,149	1.7	34	0.0	3.8
Milk (excl. butter)	10,191	930	1	78	11,043	987			470	3	9,583		16	0.9	0.9
Eggs	19,885	1		41	19,845		503	0	1,012	313	18,018	14.6	59	4.6	4.2
Fish, Seafood /15	25,529	6,546		2,062	30,014	6,801		-162		0		19.0	30	4.9	0.9

Q2. Evaluate the Chinese diet in 1996 according to the data you have?

Q 3. Identify a **DIETARY** method for the following & justify your choice:

- a. Evaluate the success & cost effectiveness of nutrition education program conduct to minimize the prevalence of obesity in KSA.

b. Identify the age groups which are at risk of developing CVD in KSA. Then assess the nutrient intake of this group.

c. Accurate nutrient intake assessment of a subject.

d. KSA self sufficiency of rice during the past 4 years.

Q4. Design a form for the following:

a. Food frequency questionnaire to assess the dairy products intake of primary school children in Riyadh city.

b. Design weighed food record (3 days- duration).

Identify the needed instruments to full-up this record.

Elucidate the techniques used to determine the eaten amount.

c. Diet history of a patient in a cardiac ward.