

## 1<sup>st</sup> 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	131,860	7,532	2,911	1,319	6,252	0	113,845	92.4	931	16.3	2.0
Sweeteners /4	8,413	1,467	1,130	910	10,100			16		46	10,039	8.1	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	197,040	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	66,644	54.1	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	50,806	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	7.8	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	23,376	19.0	30	4.9	0.9

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

According to this food balance sheet the Chinese diet consists of large amount of vegetables & rice. They also consume a good amount of fruits, meat & poultry. From this sheet the diet in 1996 was based on a good amount of starch, vegetables, fruits, meat & poultry. As for the fat they consume it in an acceptable amounts.

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 CVD patients in KSA.

Vital Statistic Pre/Post the program, by comparing the no. of CVD cases.

If the number decreases it means that the nutrition program which was held is successful & cost effective.

Vital Statistic (from the Health ministry) because the subjects are the patients in KSA (large number) so this indirect way shows the big picture with minimum time and cost.

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

Vital Statistic because it shows the age which can be classified to age groups.

By comparing the no. of anemia cases difference; between the ages group. The highest prevalence will reflect the age group which is at risk.

Then after assessing the high risk group ((will make a zoom)) by using questionnaire (ask about the food rich in iron, the food, medical conditions and other habits that causes anemia or interfere with iron absorption and utilization)

After conducting the data and analyze it the exact cause of anemia will be highlighted then the intervention will be conducted.

c. Accurate nutrient intake assessment of a subject.

Weighed food record because it's a prospective method (overcome memory reliant) and this method give exact amount of consumption by calculating the food before and after (the food utensils are subtracted)

The brand names, way of cooking are all mentioned in the record along with any supplement intake.

d. KSA self-sufficiency of Rice during the past 4 years.

Food balance sheet (from the agriculture ministry) one sheet for each year.  
By comparing the amount of rice is consumed  
(Production "not import" - utilization) in each year.  
If the result is a negative figure that's means it's un-sufficient.  
High amounts of rice are Imported means the absence of self-sufficiency in KSA.

Q4. Design a form for the following:

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

Food item	Serving size			How often?		
	½ cup	¾ cup	1 cup	Day	Week	Month
Milk						
yogurt						
Butter milk						

- 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

\*Day 1 (date)

Meal	location	food	amount	Condiment	Amount	Beverages	amount
Breakfast Time:							
Snack Time:							
Lunch Time:							
Snack Time:							
Dinner Time:							
Snack Time:							

Instruments: 1.weighing scale, 2.food dairy book.

The technique used to determine the amounts: Computer program for coding & analysis

\*The pattern of the weight food record is the same for the next 2 days there will only be change in the days.

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

1. How many meals & snacks do you eat each day?

Meals:\_\_\_\_\_ Snacks:\_\_\_\_\_

2. How many times a week do you eat the following meals outside home?

Breakfast:\_\_\_\_\_ Lunch:\_\_\_\_\_ Dinner:\_\_\_\_\_

3. What types of places do you frequently visit? (Check all that apply)

Fast-foods:\_\_\_\_\_ Diners/ cafeteria:\_\_\_\_\_ restaurants :\_\_\_\_\_ others:\_\_\_\_\_

4. On average, how many servings of vegetables do you eat each day?\_\_\_\_\_

5. How many times a week do you eat red meat (beef, lamb, veal) or pork?\_\_\_\_\_

6. How many hours of television do you watch every day?

Do you snack in front of the TV? Yes\_\_\_\_\_ NO\_\_\_\_\_

7. How many times a week do you eat desserts and sweets?\_\_\_\_\_

8. Do you add salt to your food? Yes\_\_\_\_\_ No\_\_\_\_\_

9. What types of beverages do you usually drink? How many servings of each do you drink a day?

10. What kind of fat do you use with cooking?