

*Kingdom of Saudi Arabia
King Saud University
Collage of Applied Medical Sciences
Community Health Department
Clinical Nutrition Program*



CHS 265
Nutrition through the Life Cycle
1st mid Term Exam
1st semester 1435-1436H
Time allowed: 2hours (10-12)
Date: Thursday 08/10/2015
Marks: 20

Instructor:
Dr. Iman Bindayel

Student name:.....

Student ID:.....

Mark: **/20**

Q1: Choose the correct answer (0.5 each = 10 marks)

1. **The average gestation for a full-term infant is _____ weeks, while an infant born at <_____ weeks is considered pre-term.**
 - a. 34/32
 - b. 40/34
 - c. 40/37
 - d. 42/38
2. **The development of motor control starts with:**
 - a. lower leg control, then arm control, and then head control.
 - b. head and trunk control, then lower legs.
 - c. trunk and arm control, then lower legs, then head and neck.
 - d. head and leg control that occur simultaneously, then neck control.
3. **Infants often have conditions that reflect the immaturity of the gastrointestinal tract, which include all of the following EXCEPT:**
 - a. colic.
 - b. gastroesophageal reflux (GER).
 - c. unexplained diarrhea.
 - d. urinary tract infections.
4. **The AVERAGE caloric need of infants in the first six months of life is _____ per kg of body weight, based on growth in breast-fed infants.**
 - a. 57 Calories
 - b. 98 Calories
 - c. 108 Calories
 - d. 120 Calories
5. **A 7-month-old infant weighing 7.29 kg needs approximately _____ Calories/day.**
 - a. 600
 - b. 650

- c. 715
 - d. 880
6. **Which of the following would NOT be one of the factors accounting for the range of calories an infant needs?**
- a. Weight
 - b. Length
 - c. Sleep/wake cycle
 - d. Growth rate
7. **Recommended protein intake for infants from the ages of 6 to 12 months is:**
- a. 0.8 g/kg body weight.
 - b. 1.0 g/kg body weight.
 - c. 1.4 g/kg body weight.
 - d. 1.6 g/kg body weight.
8. **A male infant can get too much protein when**
- a. baby cereal is added to his infant formula.
 - b. he consumes more formula than recommended for age.
 - c. his mom is breastfeeding.
 - d. a and b
9. **The two essential fatty acids required in an infant's diet are α -linolenic acid and _____ acid.**
- a. stearic
 - b. palmytic
 - c. polymyearic
 - d. linoleic

**Q2: write the appropriate type of formula to be used for these different cases:
(1 mark each = 3 marks)**

- A. A 33 GA infant weighing 1500 g.
- B. A first step to deal with 7 months infant with diarrhea.
- C. An infant with severe protein allergy.

Q3: Case study (7 marks)

Sara brought her baby girl to the clinic when her chronological age was 10 months of age for general assessment. From the mother and the file you got the following information:

Gestational age = 32 wk. Birth wt = 1100 g.

Current Wt: 5.4 kg. Current Ht: 64 cm

1. Corrected age =
2. She was infant (interpretation of birth Wt)
3. Wt/age is IWt/age =
4. Ht/age is IHt/age =
5. Wt/Ht is IWt/Ht =
6. Acute malnutritioal status =(interpretation:.....)
7. Chronic malnutritioal status =(interpretation:

Now you decided to calculate her catch-up growth, so accordingly:

8. This child is going to need = kcal/day,
9. which means =kcal/kg/day.
10. What is the type of formula that you will pot the child on?
.....
11. Assume that the child has reached 1 year of corrected age and her Wt/Ht < 5th, would
you make any changes in the formula that you have chosen?

Nutritional Status	Acute	Chronic
Stage 0 (normal)	>90%	>95 %
Stage 1 (mild)	81%-90%	90%-95%
Stage2(moderate)	70%-80%	85%-89%
Stage 3(severe)	<70%	<85%