



Name : .....

**Quizz 1**

Std ID : .....

**Course : CHS -453**

**51<sup>st</sup> Semester 1431- 1432 H**

**Total Marks ..... / 5**

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**Choose the most suitable answers:**

**1. Which of the following is poorly tolerated by patients with dysphagia**

- a) Rice pudding.
- b) Peanut butter.
- c) clear chicken broth.
- d) b and c.
- e) None of the above.

**2. Which of the following is allowed in a pureed-diet:**

- a) All-bran flakes cereal.
- b) Blenderized fried vegetables.
- c) Blenderized Strawberries.
- d) All of the above.
- e) None of the above.

**3. Which of the following is not to be considered in a high- kcal, high- protein diet :**

- a) Fried vegetables
- b) Fruit salad
- c) Cream of chicken soup
- d) Milk shake
- e) b and c

**4. Which of the following is not allowed in low- microbial diet :**

- a) Cooked veg. served @ room temperature
- b) canned fruits and vegetables
- c) fresh salads
- d) fermented cheese
- e) all except b

5. which of the following is true about a low residue diet:

- a) Legumes ,seeds and nuts are omitted
- b) milk may restricted to 2 exchanges /day
- c) allows canned fruit
- d) all of the above
- e) b and c

Mark the following statement with (T) if true or (F) if false

- 1. A clear-liquid diet is considered nutritionally adequate if well planned.....( F )
- 2. Thin liquids are better tolerated by dysphagic patients if served with a straw.....( F )
- 3. nuts if unroasted are not allowed in low microbial diet.....( T )
- 4. in a low residue diet, milk may be restricted to 2 exchanges /day.....( T )
- 5. in a low residue diet , fresh strawberry juice is not allowed .....( T )

Good Luck ☺

