Name: ..... No. ..... Grade: ...../15

Q1. Choose the best answer of the following: (0. 5 mark each)

1. **A female with a weight of 80 kg and Ht of 160 cm is considered to be**:

a. Normal
b. over weight
c. obese I
d. obese II

2. What is the fluid requirement for a 3 years old girl weighing 12 kg:

a. 900 ml/d
b. 1836 ml/d
c. 1100 ml/d
d. 2000 ml/d

Q2. Fill in the blanks with appropriate answer: (0. 5 each)

1. Mohammad's IBW is ……65……., knowing that his Ht is 170 cm
2. Dietary Reference Intake include:
   a. Estimated Average Requirement (EAR)
   b. Adequate Intake (AI)
   c. Tolerable Upper Intake Level (UL).
   d. Recommended dietary allowance RDA
4. AMDR for protein & carbohydrates as a percentage of the total energy requirements for adults is …10-35… & …45-65….
5. For each degree above (37ºC), approximately ..100-150.... ml of additional fluid is needed.

☺ Good Luck ☺

Q3. Write T for true statement and F for false ones: (0.5 mark each)

1. Frame size is one of the parameters of calculating BMI. F
2. RDAs are the average daily amounts of a nutrient estimated to meet the needs of 50% of healthy individuals. F
3. It is recommended to consume the UL of sodium daily. F

Q4.Calculate and <u>interpret</u> the % wt change, knowing that the patient currently weighing 60kg and 3 months back he was 85 kg. (1.5 marks)

$$\% \text{ wt} = \frac{\text{UBW} - \text{ABW}}{\text{UBW}} \times 100$$

= 85 – 60 \85 x 100 = 29%

Pt severely lost weight

Q5. Calculate the fluid requirements for the following using different methods:

A 10 years old boy weighing 35 kg.

First method (1 mark)	Second method (1 mark)
1000 +500 + 300 = 1800	50 – 60 \kg 1750 – 2100 ml
Total = 1800 ml	Total = 1750 – 2100 ml

Q6. Write down the harries Benedict equation for females (1mark)

☺ Good Luck ☺

Q7. A 40 years old male, his weight is 82 kg and Ht is 166 cm, referred to you to the clinic to assess his weight status and provide him with a healthy diet, taking into consideration that he swims for 30min daily. (4 marks)

a. Calculate his energy requirements. (using institute of medicine)
b. Calculate his macronutrients requirements. (55% CHO, 15% protein, 30% fat)

Knowing that:

Activity	MET	PAL/ 10 min	PAL / 1hr
Swimming	7	0.057	0.34

PA=1 if PAL ≥ 1 < 1.4
PA=1.12 if PAL ≥ 1.4 < 1.6
PA=1.27 if PAL ≥ 1.6 < 1.9

BMI = 30
IBW= 62 kg
Adj wt= 67 kg

PAL = 1.1 + (0.34\2)= 1.27 PA = 1

TEE = 864 – 9.72 x Age + PA x (14.2 x wt + 503 x ht)
864 – (9.72x40)+1 x (14.2x67 + 503 x 1.66
864 – 388.8 + 951.4 + 834.98
= 2262 kcal/d

CHO = 2262 X0.55\4 = 311g
Protein = 2262 x 0.15\4 = 85 g
Fat = 2262 x 0.3\9 = 75 g

☺ Good Luck ☺