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 ……., knowing that his Ht is 170 cm
2. Dietary Reference Intake include:
   a.
   b.
   c.
   d.
4. AMDR for protein & carbohydrates as a percentage of the total energy requirements for adults is …… & …….
5. For each degree above (37ºC), approximately ..... 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.
2. RDAs are the average daily amounts of a nutrient estimated to meet the needs of 50% of healthy individuals.
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)

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)

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

☺ Good Luck ☺