



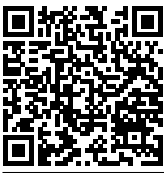
قائمة الاسئلة

تخطيط الوجبات المستوى الرابع - قسم تغذية علاجية كلية الطب والعلوم الصحية - - درجة الامتحان (60)

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- 1) What is the main goal of meal planning?
  - 1) - To eat as much food as possible
  - 2)  To balance nutrition, manage costs, and save time
  - 3) - To eat only fruits and vegetables
  - 4) - To make cooking more complicated
  - 5) -
- 2) Which of the following should be avoided when meal planning for a balanced diet?
  - 1) - Variety of colors and food groups
  - 2)  Processed and high-sugar foods
  - 3) - Fruits and vegetables
  - 4) - Whole grains
  - 5) -
- 3) A balanced meal should include protein, carbohydrates, and fats.
  - 1)  TRUE.
  - 2) - FALSE.
- 4) Poor nutritional status caused by either undernutrition or overnutrition
  - 1) - Medical nutrition
  - 2)  Malnutrition
  - 3) - Sign
  - 4) - Nutritional Status
- 5) List and describe the six principles of diet-planning.
  - 1)  adequacy, balance, nutrient density, moderation, calorie control and variety
  - 2) - adequacy, B vitamins, carbohydrates, meat, variety, and portion control.
  - 3) - abundance, balance, carbohydrates, moderation, vegetables, and variety.
  - 4) - abundance, B vitamins, kcalorie control, milk, vegetables, and nutrient density
- 6) What is meal planning?
  - 1) - A diet prescribed by a doctor
  - 2)  A plan of meals to meet family nutritional needs within resources
  - 3) - A list of expensive food items
  - 4) - Cooking all meals for a week in advance
- 7) What does "available resources" mean in meal planning?
  - 1) - Money available to buy expensive food
  - 2)  Time, energy, and money of the family
  - 3) - Only the food in the refrigerator
  - 4) - Food that is in season
- 8) Which is NOT an aim of menu planning?
  - 1) - Save energy, time, and money
  - 2)  Provide monotony in meals
  - 3) - Use leftovers
  - 4) - Provide appetizing meals
- 9) A balanced diet is:
  - 1) - A diet with only fruits and vegetables
  - 2) - Food that tastes good
  - 3)  A diet that meets all nutritional needs
  - 4) - Food prescribed by a gym trainer





- 10) Which factor does NOT affect meal planning?
- 1) - Age
  - 2)  Favorite movies
  - 3) - Physical activity
  - 4) - Seasonal availability
- 11) What is the most important factor in meal planning?
- 1)  Nutritional requirements
  - 2) - Cost of food
  - 3) - Variety in taste
  - 4) - Cooking skills
- 12) Which group needs more protein in their diet?
- 1)  Teenagers
  - 2) - Lactating women
  - 3) - Both A and B
  - 4) - Elderly people
- 13) Why is it important to include variety in meals?
- 1) - A.To ensure nutritional adequacy
  - 2) - B.To make meals more appealing
  - 3) - C.To save money
  - 4)  D.Both A and B
- 14) Which diet is suitable for a sedentary individual?
- 1) - High-calorie meals
  - 2) - Moderate-calorie meals
  - 3)  Low-calorie meals
  - 4) - No specific requirements
- 15) Which type of activity requires the highest caloric intake?
- 1) - Light exercise
  - 2) - Sedentary work
  - 3)  Marathon training
  - 4) - Desk job
- 16) Which tool can save time in meal preparation?
- 1) - Salad mixes
  - 2) - Food processors
  - 3) - Precut vegetables
  - 4)  All of the above
- 17) It is considered a water-soluble vitamin
- 1) - A
  - 2) - D
  - 3)  C
  - 4) - K
- 18) It is considered a Fat-soluble vitamin
- 1)  D
  - 2) - C
  - 3) - B12
  - 4) - B3
- 19) One carbohydrate exchange equal
- 1)  15
  - 2) - 30
  - 3) - 10





- 4) - 5
- 20) We have 50 grams of carbohydrates how many calories
- 1) - 150
  - 2) - 100
  - 3) + 200
  - 4) - 206
- 21) 30 grams of protein How many calories does it contain?
- 1) + 120
  - 2) - 150
  - 3) - 200
  - 4) - 112
- 22) If a person is overweight, how many calories does he lose from his total calories?
- 1) + 500-700
  - 2) - 500-800
  - 3) - 300-500
  - 4) - 1000
- 23) A diet that is not beneficial for pregnant women
- 1) + ketogenic Diet
  - 2) - Low CHO
  - 3) - DASH Diet
- 24) How many grams is one serving of protein?
- 1) - 5-10g
  - 2) - 10-12g
  - 3) + 15-30g
  - 4) - 20-30g
- 25) A person needs 2000 calories per day. How much fat does he need if we give him 30% of the total calories?
- 1) + 66.6g
  - 2) - 180g
  - 3) - 250g
  - 4) - 150g
- 26) A person needs 2000 calories per day. How much CHO does he need if we give him 55% of the total calories?
- 1) - 200g
  - 2) - 150g
  - 3) + 275g
  - 4) - 180g
- 27) A person needs 2000 calories per day. How much PRO does he need if we give him 20% of the total calories?
- 1) + 100g
  - 2) - 120g
  - 3) - 150g
  - 4) - 180g
- 28) Dietary Approaches to stop Hypertension
- 1) - DESH
  - 2) - DHUS
  - 3) - HTDE
  - 4) + DASH
- 29) Total fat of Calories for DASH diet
- 1) - 36%
  - 2) - 11%





- 3) - 6%
- 4) + 27%
- 30) Types od mediterranean diet
- 1) - 2
- 2) + 3
- 3) - 4
- 4) - 5

