



قائمة الاسئلة 2025-05-14 04:29

مقدمة في الحميات -الثاني-التغذية العلاجية- برامج العلوم الصحية-الفترة الثانية-درجة الامتحان (70)

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- 1) The use of appropriate food as a tool for the recovery from illness is the definition of :
 - 1) - Clinical nutrition
 - 2) ☒ Diet therapy
 - 3) - Meal planning
 - 4) - Human nutrition
- 2) The fatty acid that is crucial for brain and retinal development in infants.
 - 1) ☒ Decosahexanoic acid
 - 2) - Linoleic acid
 - 3) - Alpha linolenic acid
 - 4) - Arachidonic acid
- 3) The type of diet which includes food that is soft, not very spicy, and low in fiber.
 - 1) - Normal diet
 - 2) - Soft diet
 - 3) ☒ Bland diet
 - 4) - Full fluid diet
- 4) It is referred to as the nutrition management of outpatients at clinics and mainly inpatients in hospitals.
 - 1) ☒ Clinical nutrition
 - 2) - Medical nutrition therapy
 - 3) - Therapeutic nutrition
 - 4) - Diet planning
- 5) The diet that is adapted for patients who are suffering from a specific diet is indicated as :
 - 1) - Balanced diet
 - 2) ☒ Therapeutic diet
 - 3) - Low fat diet
 - 4) - High calorie diet
- 6) The way in which dietitians shall be with their clients both physically and psychologically is termed :
 - 1) - Listening
 - 2) - Staying
 - 3) ☒ Attending
 - 4) - Talking
- 7) A nutritional support that is applied when enteral formulas can not be used or intestinal function is inadequate :
 - 1) ☒ Parenteral nutrition
 - 2) - Tube feeding
 - 3) - Oral feeding
 - 4) - Nasogastric tube feeding
- 8) The delivery of formulated nutrients using feeding tube or intravenous infusion.
 - 1) - Human nutrition
 - 2) - Enteral nutrition
 - 3) ☒ Nutrition support
 - 4) - Parenteral nutrition
- 9) Summarizing in nutrition counseling is important to :
 - 1) - Provoke client
 - 2) - Shorten counseling session
 - 3) ☒ Ensure client understanding





- 4) - Write the prescription
- 10) A key skill required for effective nutrition counseling.
- 1) - Joking
 - 2) - Strictness
 - 3) - Ignorance
 - 4) ☒ Empathy
- 11) A step that is not included in the nutrition care process.
- 1) - Monitoring
 - 2) ☒ Surgery
 - 3) - Nutrition assessment
 - 4) - Nutrition diagnosis
- 12) It is not a role of the nutrition counselor
- 1) - Helping client to understand nutritional needs
 - 2) ☒ Providing medical treatment
 - 3) - Supporting behavior changes related to diet
 - 4) - Educating individuals on healthy eating
- 13) The typical water content of standard enteral formulas
- 1) - 50%
 - 2) - 60%
 - 3) ☒ 85%
 - 4) - 95%
- 14) An example of a texture-modified diet
- 1) ☒ Mechanical soft diet
 - 2) - Low fat diet
 - 3) - High fiber diet
 - 4) - Diabetic diet
- 15) The reason of not recommending fat restriction in infants diet.
- 1) - Fat is essential for gaining good weight
 - 2) ☒ Fat is essential for brain and neurological development
 - 3) - Fat is necessary for digestion process
 - 4) - Fat is a source of fat soluble vitamins
- 16) The American academy of pediatrics recommends starting iron supplementation for exclusively breast-fed infants at age of :
- 1) - Two weeks
 - 2) - Two months
 - 3) ☒ Four months
 - 4) - Six months
- 17) The primary source of dietary sodium for infants is :
- 1) ☒ Breast milk
 - 2) - Fruits
 - 3) - Water
 - 4) - Processed infant food
- 18) The main goal of nutrition and diet clinics is to :
- 1) - Provide medication for patients
 - 2) - Sell dietary supplements
 - 3) - Replace medical treatment
 - 4) ☒ Promote healthy eating habits and prevent diseases
- 19) Individuals who deal with general nutritional aims and behaviours are referred to as :
- 1) - Dietitians



- 2) - Dieticians
3) + Nutritionists
4) - Caterers
- 20) Infants are considered at risk of iron deficiency due to :
1) - Their rapid growth
2) + Their low weight
3) - Low iron content of breast milk
4) - Their dependance on breast milk
- 21) Young infants can not tolerate fasting for long period of time because :
1) - They use up carbohydrate energy sources
2) - They use up fat energy sources
3) + They use up both carbohydrate and fat energy sources
4) - They do not drink enough water
- 22) A thorough physical exam that includes different tests depending on age, sex and health status of individual.
1) - Patient admission
2) - Patient testing
3) - Patient discharge
4) + Patient check up
- 23) The type of nutrition delivery in which formula prepackged in ready to use container.
1) - Continuous feeding system
2) - Open feeding system
3) + Closed feeding system
4) - Intermittent feeding system
- 24) A systematic approach used to collect, record, and interpret relevant nutrition data from patient is termed :
1) - Nutrition diagnosis
2) - Nutrition intervention
3) + Nutrition assessment
4) - Nutrition monitoring
- 25) The action that is taken with the intent of changing a nutrition-related behavior
1) - Nutrition care process
2) - Nutrition assessment
3) + Nutrition intervention
4) - Nutrition evaluation
- 26) It is planned according to the recommended daily dietary intakes
1) + Normal diet
2) - Mechanical soft diet
3) - Bland diet
4) - Soft diet
- 27) The type of diet that is served to persons who are very ill and can not chew or swallow solid food.
1) - Balanced diet
2) - Bland diet
3) - Soft diet
4) + Full fluid diet
- 28) The type of diet that consists of at least 35% of total calories consumed from fats (saturated and unsaturated).
1) - Low fat diet
2) + High fat diet
3) - Low protein diet
4) - Balanced diet
- 29) It is referred to as the "regular" or "house" diet.



- 1) ☒ The diet that has no restrictions
 - 2) ☐ Full fluid diet
 - 3) ☐ Bland diet
 - 4) ☐ Soft diet
- 30) Supplying nutrients using the G.I. tract, including tube feeding and oral diets.
- 1) ☐ Parenteral nutrition
 - 2) ☒ Enteral nutrition
 - 3) ☐ Nutrition support
 - 4) ☐ Oral nutrition
- 31) The enteral nutrition formulas used for patients who can digest and absorb nutrients without difficulty.
- 1) ☐ Hydrolyzed formulas
 - 2) ☐ Modular formulas
 - 3) ☒ Standardized formulas
 - 4) ☐ Disease specific formulas
- 32) The enteral formulas that contain only one or two macronutrients; used to enhance other formulas.
- 1) ☒ Modular formulas
 - 2) ☐ Hydrolyzed formulas
 - 3) ☐ Standardized formulas
 - 4) ☐ Disease specific formulas
- 33) Nutrition delivery system that requires formula to be transferred from original packaging to the feeding container.
- 1) ☒ Open feeding system
 - 2) ☐ Closed feeding system
 - 3) ☐ Bolus feeding
 - 4) ☐ Continuous feeding system
- 34) The recommended daily intake of vitamin D for infants is :
- 1) ☐ 100 I.U.
 - 2) ☐ 200 I.U.
 - 3) ☒ 400 I.U.
 - 4) ☐ 600 I.U.
- 35) Which of the following factors affects the energy needs of infants :
- 1) ☐ Growth rate
 - 2) ☐ Temperature and climate
 - 3) ☐ Physical activity
 - 4) ☒ All answers are correct