



Department of Nutrition and Food Engineering
 Faculty of Health and Life Sciences
 B.Sc. in Nutrition and Food Engineering
 Midterm Examination Spring 2026

Course Code: 0511-3103

Level and Term: L-3, T-1

Time: 1 hour 30 minutes

Section: 241 All

Course Title: Assessment of Nutritional Status

Course Teacher Initials: NS, AIC, MMS

Total Marks: 25

“Maintaining the order of the questions is highly appreciated”

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1	(a) Identify the anthropometric indicators used for assessing under five child malnutrition. [CLO1,PLO2,C2]		2
	(b) How can you differentiate between nutritional survey and surveillance? [CLO1,PLO2,C1]		3
2	(a) State the relationship between serum ferritin levels and body iron stores. [CLO1,PLO2,C3]		2
	(b) Describe the stages iron deficiency anemia. [CLO1,PLO2,C3]		3
3	(a) Describe the factors that may confound the interpretation of state biochemical tests. [CLO2,PLO1,C1]		2
	(b) How can you distinguish different stages of anemia using multiple biomarkers? [CLO2,PLO1,C2]		3
4	(a) Explain the differences between height and length measurements in children. [CLO2,PLO1,C4]		2
	(b) A 25-year-old male underwent body composition assessment, his biceps: 6 mm, triceps: 12 mm, subscapular: 14 mm, suprailiac: 10 mm. Calculate the body fat percentage; where $D = 1.1631 - (0.0632 \times L)$. [CLO2,PLO1,C5]		3
5	(a) How can you differentiate Type-1, Type-2 and Gestational diabetes? [CLO2,PLO1,C5]		2
	(b) Ms. Ayesha, a 50 years-old woman, has a total cholesterol of 230 mg/dL, HDL of 48 mg/dL and triglycerides of 160 mg/dL. Calculate her LDL using the Friedewald formula and critically analyze her cardiovascular risk status based on the lipid profile findings. [CLO2,PLO2,C4]		3