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Daffodil International University

Department of Nutrition and Food Engineering
Faculty of Health and Life Sciences
B.Sc. in Nutrition and Food Engineering
Final Examination Fall 2025

Course Code: 0511-3103 | **Course Title: Assessment of Nutritional Status**
Level and Term: L-3- T-1 | **Section:** 232 All | **Course Teacher Initials:** AIC, LRM
Time: 2 Hours | **Total Marks: 40**

Splitting any answer is strictly prohibited

				Marks
1	(a)	Define Clinical Nutrition. What are the signs associated with malnutrition of the lips and gums?	[CLO2,PLO2,C1]	1+2
	(b)	Identify the reasons and signs of conjunctival xerosis.	[CLO2,PLO2,C3]	3
	(c)	Which vitamin deficiency causes bow legs, and what are the signs?	[CLO2,PLO2,C1]	2
2	(a)	Outline the process of vitamin A assessment by RDR, along with the criteria of vitamin A status.	[CLO2,PLO2,C2]	3
	(b)	Identify two disorders and their signs, which may occur due to the deficiency of cobalamin. Interpret the deficient values of cobalamin.	[CLO2,PLO2,C5]	2+1
	(c)	Demonstrate the factors that affect the serum 25-hydroxyvitamin D.	[CLO2,PLO2,C2]	2
3	(a)	Categorize the dietary assessment methods. List the uses of data that are derived from the 24-hour recall method.	[CLO3,PLO6,C4]	2+2
	(b)	Develop a sample of estimated food record methods.	[CLO3,PLO6,C3]	4
4	(a)	Suppose you had consumed the following meal yesterday with your family.	[CLO3,PLO6,C4]	4

Breakfast	Lunch	Snacks	Dinner
Boiled Oats with milk, honey, and mango.	Boiled rice, Chicken curry (Chicken, spices, potato, papaya), Lentil soup, sautéed cauliflower	Milk tea with bread	Fried rice (carrots, rice, eggs), Mixed vegetables (Papaya, onion, carrot), Fried chicken.

Calculate the WDDS based on the following meal information and categorize it.

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(b)	The following table describes the last 7 days' dietary history of an individual who lives in Bangladesh.				[CLO3,PLO6,C5]	4

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Tortilla, mixed veggies, Lentil soup, rice, chicken	Porota, Egg curry, rice, beef, lentil, yogurt	Cake, lentil, rice, kidney beans, beef	Fish fry, rice, beef, egg, nuts, milk	Rice, porota, veggies, egg fry, potato curry, lentils	Cabbage, carrots, rice, chicken curry, payesh (milk, rice, sugar)	Mashed potato, rice, beef masala, lentils, eggplant fry, raw chickpea

Calculate FCS of the following individuals and categorize it.

5	(a)	Construct a curve on the attached GMP card, and interpret the nutritional status of the following child. Age: 6, 8, 10; and weight: 7kg, 8kg, 7kg, respectively.	[CLO3,PLO6,C3]	3
	(b)	'Every child should have a growth chart that tracks his or her growth.' Justify the statement.	[CLO3,PLO6,C5]	3
	(c)	Divide foods into groups according to MDD-IYCF.	[CLO3,PLO6,C4]	2