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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 **Course Title:** Assessment of Nutritional Status
Level and Term: L-3, T-1 **Section:** 241 All **Course Teacher Initials:** NS, AIC, MMS
Time: 1 hour 30 minutes **Total Marks:** 25

"Maintaining the order of the questions is highly appreciated"

				Marks
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 leveis 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×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