



Health Sciences Skills Check Unit 6 Grade 12 Advanced

Instructions: Teachers are to select five of the following questions for skills check 2 and insert them into the skills check template. Each question is worth 1 mark. Students must correctly answer all parts of the question, where appropriate, to gain 1 mark. Students who answer 1 or more parts of the question wrong will be awarded 0 marks for that question.

1.	Name one anthropometric method to assess nutritional status.	
2.	The height for 15-year-old males on the 50 th percentile is 168cm. What does this mean?	
	(A)	3% of males are 168cm or taller
	(B)	All males aged 15-years-old are shorter than 168cm
	(C)	The average height for 15-year-old males is 168cm
	(D)	3% of males are 168cm or shorter
3.	Which of the following BMI readings fall into the overweight category?	
	(A)	17.5
	(B)	21.5
	(C)	26.5
	(D)	31.5
4.	Calculate the body fat percentage of a boy who has 20kg of fat and has a total body weight of 75kg.	

5.	In terms of undernutrition, what is the meaning of stunting?	
	(A)	When someone is a low weight for their height
	(B)	When someone is a low height for their age
	(C)	When someone is a low weight for their age
	(D)	When someone is a low height for their weight

6.	How can socioeconomic status impact a person's nutritional status?	

7.	Which of the following is a clinical method of assessing nutritional status?	
	(A)	Taking blood or urine samples
	(B)	Checking the physical appearance of nails
	(C)	Recording a three-day food diary
	(D)	Calculating body fat percentage

8.	What information is needed to calculate BMI?	
	(A)	Weight and height
	(B)	Weight and age
	(C)	Height and body fat percentage
	(D)	Height and waist circumference

9.	Describe one advantage and one disadvantage of using a food frequency questionnaire to assess a person's nutritional status.	

10.	Name two physical clues that suggest a person may have a nutrient deficiency.	