



## 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.

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

5.	<p>In terms of undernutrition, what is the meaning of stunting?</p> <p>(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</p>
6.	<p>How can socioeconomic status impact a person's nutritional status?</p> <p></p>
7.	<p>Which of the following is a clinical method of assessing nutritional status?</p> <p>(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</p>
8.	<p>What information is needed to calculate BMI?</p> <p>(A) Weight and height          (B) Weight and age          (C) Height and body fat percentage          (D) Height and waist circumference</p>
9.	<p>Describe one advantage and one disadvantage of using a food frequency questionnaire to assess a person's nutritional status.</p> <p></p>
10.	<p>Name two physical clues that suggest a person may have a nutrient deficiency.</p> <p></p>