مؤسسة الإمارات للتعليم المدرسي
EMIRATES SCHOOLS ESTABLISHMENT

United Arab Emirates

Health Sciences
Skills Check Unit 6 Grade 12 General

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.	Which of the following is an anthropometric method of assessing nutritional status?	
	(A)	Testing blood or urine samples
	(B)	Recording a three-day food diary
	(C)	Measuring waist circumference
	(D)	Recording the food eaten in different cultures

2.	What information is needed to calculate a person's BMI?	
	(A)	Weight and age
	(B)	Gender and height
	(C)	Height and body fat percentage
	(D)	Weight and height

3.	Which of the following is a dietary method of assessing nutritional status?	
	(A)	Measuring body fat
	(B)	Testing blood samples
	(C)	Recording height
	(D)	Recording food intake

4. Sultan weighs 67kg and has 15kg of body fat. Using the following formula, calculate Sultan's body fat percentage.

body fat ÷ total body weight x 100

5. What is bioelectrical impedance analysis used for?

(A)	To measure a person's height
(B)	To measure a person's weight
(C)	To measure a person's body fat
(D)	To measure a person's waist circumference

6. Match the methods of assessing nutritional status to the correct category.

1. Anthropometric methods	
2. Biochemical methods	
3. Dietary assessment	

a. Urine test
b. Food frequency questionnaire
c. Measuring height

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

8. What is an advantage of using food frequency questionnaires to assess nutritional status?

(A)	It relies on honest responses from the individual
(B)	Eating patterns of food are not always consistent
(C)	The information is quick and easy to collect
(D)	It gives an overview of eating patterns for one day

9.	Using the formula below, calculate the BMI of a Sara, who is 150cm tall and weighs 59kg. BMI = weight (kg) ÷ height^2 (m^2)

10.	What does E stand for in the 'ABCDE' methods of assessing nutritional status?	
	(A)	Energy intake
	(B)	Education factors
	(C)	Early development
	(D)	Environmental factors