



**SIR ARTHUR LEWIS COMMUNITY COLLEGE
ACADEMIC YEAR (2024/2025) – SEMESTER TWO
END OF SEMESTER EXAMINATION**

COURSE CODE : HEA201

COURSE TITLE : Diet Therapy

LECTURER(S) : Sandra Murray

DATE : 24 April 2025

TIME : 9:00am – 11:00am

DURATION : 2 hours

STUDENT ID # : _____

GENERAL INFORMATION AND INSTRUCTIONS

- Students must sign **IN** and **OUT** on the examination class list.
- Write your ID number on the question paper.
- This paper has 80 multiple choice questions.
- Circle the correct answer on the question paper.

DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO

1. A BMI greater than 40, or a BMI greater than 35 with one or more serious conditions such as hypertension, is referred to as:
 - a) anorexia.
 - b) clinically severe obesity.
 - c) mild obesity.
 - d) moderately severe obesity.
 - e) gastric bypass syndrome.
2. Hypokalemia refers to a low level of ____ in the blood.
 - a) chloride
 - b) none of the above
 - c) sodium
 - d) potassium
3. Foods high in oxalate include:
 - a) apples.
 - b) bread.
 - c) red meat.
 - d) spinach.
 - e) milk.
4. Extra ____ is needed for wound healing, tissue building, and blood regeneration.
 - a) protein
 - b) carbohydrate
 - c) vitamin D
 - d) vitamin B
5. An ostomy surgically created into the stomach is a 🍑 __.
 - a) hysterectomy
 - b) esophagostomy
 - c) gastrostomy
 - d) jejunostomy
6. A food frequency questionnaire is a survey of food consumption over one:
 - a) year.
 - b) hour.
 - c) month.
 - d) day.
 - e) week.
7. What factor might increase someone's BMR?
 - a) diet
 - b) fever
 - c) strength training
 - d) aerobic exercise
8. A typical renal daily diet is sometimes referred to as "80-3-3," meaning what?
 - a) 80 g of carbohydrates, 3 g of fat, 3 g of protein
 - b) 80% protein, 3% fats, 3% carbohydrates
 - c) 80 g of protein, 3 g of sugar, 3 g of fat
 - d) 80 g of protein, 3 g of sodium, 3 g of potassium
9. Visceral fat is fat located in the __.
 - a) upper thigh
 - b) buttocks
 - c) abdominal cavity
 - d) breast

10. Which laboratory test aids in the diagnosis of anemia?
- a) total protein
 - b) C-reactive protein
 - c) platelet count
 - d) red blood cell count
 - e) blood urea nitrogen
11. Following surgery, a patient may be given clear liquids initially, then gradually provided with other beverages or foods that are unlikely to cause discomfort. This is referred to as:
- a) a flexible diet order.
 - b) diet progression.
 - c) dietary allowance.
 - d) a food intolerance test.
 - e) a mechanically altered diet.
12. The "P" in a PES statement stands for:
- a) pharmaceutical intervention.
 - b) prognosis.
 - c) physician.
 - d) patient.
 - e) problem.
13. _____ can be caused by inadequate consumption of nutritious food because of depression, disease, or poverty.
- a) Hyperthyroidism
 - b) Bulimia
 - c) Underweight
 - d) Anorexia
14. A dietitian adjusts a patient's nutrition education plan after learning that he is a Native American. In this case, she is considering the patient's:
- a) learning style.
 - b) level of literacy.
 - c) cultural background.
 - d) readiness to change.
 - e) emotional intelligence.
15. The process of providing all nutrients intravenously is called __.
- a) enteral nutrition
 - b) liquid nutrition
 - c) IV nutrition
 - d) total parenteral nutrition
16. Assuming the GI tract is functioning normally, what is the most appropriate method for feeding patients who are unable to meet their nutritional needs orally?
- a) intravenous feeding
 - b) high-kilocalorie, high-protein diet
 - c) high-carbohydrate diet
 - d) commercial supplement
 - e) tube feeding
17. In a low-cholesterol diet
- a) eggs are used freely
 - b) vegetable oils are not permitted
 - c) fat-free milk is used instead of whole milk
 - d) all organ meats are permitted
 - e) shrimps are used freely

18. What is the % Ideal Body Weight of a 35-year-old female whose Ideal Body Weight is 120 pounds and whose actual weight is 108 pounds?
- 132
 - 90
 - 110
 - 120
 - 140
19. _____ is a condition in which a part of the stomach protrudes through the diaphragm into the thoracic cavity.
- Peptic ulcer
 - Dyspepsia
 - Esophagitis
 - Hiatal hernia
20. Which of the following statements is correct?
- A hypoglycemic episode can lead to a high blood glucose level.
 - For type 1 diabetes, insulin is often given in two or more injections daily.
 - Clients with type 2 diabetes must have injections daily to control blood glucose levels.
 - Type 1 diabetes clients are advised not to exercise.
21. How is fiber considered a therapeutic tool in the meal plan for a client with diabetes?
- inhibits fat absorption
 - eliminates the need for exogenous insulin in clients with type 1 diabetes
 - slows the release of insulin from the pancreas
 - lowers blood glucose
22. Nutrient mixes delivered into the stomach or small intestine by a feeding tube
- Lactose restricted
 - Parenteral nutrition
 - Potassium controlled
 - Normal nutrition
 - Enteral nutrition
23. In people who are ill, significant weight loss may be masked by:
- a large tumor.
 - bowel retention.
 - drug therapy.
 - dehydration.
 - fluid retention.
24. Metabolic syndrome consists of a cluster of disorders that increase the risk of developing type 2 diabetes and:
- cardiovascular disease.
 - liver disease.
 - foot ulcers.
 - hypoglycemia.
 - renal failure.
25. This type of diabetes, formerly classified as juvenile-onset, occurs suddenly in children and young adults, requiring insulin injections and a carefully controlled diet.
- type 2
 - gestational
 - pre-diabetes
 - type 1

26. Cancer of the blood is known as
- leukemia
 - bone cancer
 - lymphoma
 - prostate cancer
27. _____ is a condition of discomfort in the digestive tract.
- Esophagitis
 - Hiatal hernia
 - Peptic ulcer
 - Dyspepsia
28. In order to minimize fecal volume, a patient may be placed on a _____ diet prior to surgery.
- high-protein diet
 - low fiber
 - fat-restricted
 - high-kilocalorie, high-protein
 - low sodium
29. Which is a characteristic of modified diets?
- They include all foods.
 - They are always the same regardless of patient preferences.
 - They are altered in consistency or nutrient content.
 - They are not included in a diet manual.
 - They vary in consistency only.
30. Regardless of which type of eating pattern is chosen for weight loss, _____ change is absolutely required.
- metabolic
 - physical
 - psychological
 - behavior
31. Renal stones are classified according to their _____.
- shape
 - composition
 - size
 - location
32. The primary treatment for hyperlipidemia is _____.
- exercise
 - statin medications
 - weight loss
 - medical nutrition therapy
33. What is the term for the surgical insertion of a feeding tube into the stomach?
- esophageal tube
 - nasogastric tube
 - gastrostomy
 - jejunostomy
34. A major cause of death in people with diabetes is:
- infections.
 - neuropathy.
 - claudication.
 - gangrene.
 - cardiovascular disease.

35. Patients with certain malabsorptive disorders may benefit from a ____ diet.
- a) high-kilocalorie, high-protein
 - b) low-protein
 - c) blenderized liquid
 - d) fat-restricted
 - e) sodium-controlled
36. Energy needs for the client with renal disease should be fulfilled with .
- a) proteins
 - b) carbohydrates and fats
 - c) carbohydrates and proteins
 - d) carbohydrates only
37. Some foods that frequently cause an allergic reaction are
- a) peanuts and eggs
 - b) rice and pears
 - c) arrowroot and sugar
 - d) cucumbers and lettuce
 - e) rice and sugar
38. _____ refers to the hardening of the renal arteries.
- a) Glomerulonephritis
 - b) Nephritis
 - c) Nephrosclerosis
 - d) Nephrolithiasis
39. Kidneys make the final conversion of what vitamin?
- a) vitamin K
 - b) vitamin E
 - c) vitamin C
 - d) vitamin D
40. One risk factor for cardiovascular disease that cannot be controlled is
- a) none
 - b) smoking
 - c) diet
 - d) age
 - e) alcohol consumption
41. Excessive urine production is called:
- a) polyphagia.
 - b) polyuria.
 - c) glycosuria.
 - d) ketonuria.
 - e) polydipsia.
42. _____ is a condition in which stones develop in the kidneys.
- a) Nephrolithiasis
 - b) Nephrosclerosis
 - c) Nephritis
 - d) Polycystic kidney disease
43. Which of the following would be an appropriate recommendation for a client with gestational diabetes?
- a) avoid fat intake
 - b) avoid concentrated sugars
 - c) avoid preservatives
 - d) avoid protein intake

44. In general, what is the only thing given to most clients during the first 24 hours after major surgery?
- a) high-protein foods
 - b) high-fat foods
 - c) vitamin supplements and fluids
 - d) intravenous solutions
45. What is the major drawback of most fad diets?
- a) They create false hopes among those who try them.
 - b) They do not create lifestyle changes to support long-term weight control.
 - c) They promote false information about weight loss.
 - d) They usually require the purchase of dietary supplements.
 - e) They are usually endorsed by celebrities and so are very expensive.
46. It is most helpful to think about modified diets in terms of:
- a) the conditions they are used to treat.
 - b) their interactions with medications.
 - c) the diseases they are used to treat.
 - d) the organ systems they relate to.
 - e) the symptoms they relieve.
47. Acute esophagitis is caused by ____.
- a) peptic ulcer
 - b) hiatal hernia
 - c) ingesting an irritating agent
 - d) intubation
48. Hemodialysis is done for 3 to 5 hours how many times each week?
- a) a. 3
 - b) b. 1
 - c) c. 6
 - d) d. 5
49. A BMI of _refers to a *healthy* weight.
- a) 25.0-29.9
 - b) 30.0 or higher
 - c) 18.5-24.9
 - d) below 18.5
50. What vitamin is essential for proper clotting of the blood in surgery clients?
- a) vitamin K
 - b) vitamin D
 - c) vitamins A
 - d) vitamin B
51. Atherosclerosis is defined as ____.
- a) a form of arteriosclerosis affecting the intima of the artery walls
 - b) the inner lining of arteries through which oxygen is delivered and waste is removed
 - c) reduced blood supply to arteries and veins
 - d) hardening of the arteries resulting in reduced blood flow
52. Diet progression is appropriate for patients who:
- a) have gastrointestinal pain.
 - b) are vomiting.
 - c) have nausea.
 - d) have improved food tolerances.
 - e) have diarrhea.

53. Nutrition education or counseling is typically provided by the:
- nursing assistant.
 - dietetic technician.
 - registered dietitian.
 - physician.
 - registered nurse.
54. As people age, the lean body mass ____.
- decreases
 - fluctuates
 - stays the same
 - increases
55. Which bacteria are sometimes associated with a peptic ulcer?
- Helicobacter pylori
 - Escheria coli
 - Myocardium bacterium
 - Listeria monocytogenes
56. Which of the following foods should be limited on a low-cholesterol diet?
- potatoes
 - whole milk
 - enriched bread
 - chicken
57. Which medical problem is **NOT** generally associated with malnutrition?
- pressure sores
 - incontinence
 - alcoholism
 - fluid retention
 - celiac disease.
58. Long-term dietary intervention is most successful when:
- the plan does not deviate too much from the patient's normal eating habits.
 - the plan is new to the patient and stimulates new food interests.
 - patients are informed of the consequences of not following dietary recommendations.
 - patients are given a list of foods to eat and those not to eat.
 - it is guided by an ambitious plan of care with many recommendations.
59. Which method of diet therapy is most commonly used for diabetic clients?
- carbohydrate counting
 - meal planning
 - exchange lists
 - diet modification
60. Diverticulosis
- may be prevented with a high-fiber diet
 - may be initially treated with a clear-liquid diet
 - is the inflammation of diverticula
 - Occurs in the duodenum
 - occurs in the liver
61. To increase a patient's enjoyment of meals, the nurse can:
- make sure the patient's favorite television program is on.
 - talk to the patient while they eat.
 - encourage visitors during meal times.
 - see that the meal tray is attractive.
 - make rounds during the meal to ensure the patient is eating well.

62. Which of the following may be more helpful for a client with type 1 diabetes?
- a) eat small meals plus two or three snacks per day
 - b) increase carbohydrate intake to 70% of daily calories
 - c) limit fat intake to less than 10% of daily calories
 - d) exercise 2 days a week for 35 minutes
63. A child's height is measured in the standing position once she or he reaches the age of:
- a) 5 years.
 - b) 2 years.
 - c) 18 months.
 - d) 3 years.
 - e) 12 months.
64. Which vitamins, along with zinc, are essential for wound healing in surgery clients?
- a) vitamins A and C
 - b) vitamins B and E
 - c) vitamin D and thiamine
 - d) vitamin K and folic acid
65. Gastroesophageal reflux can cause _____.
- a) diverticulosis
 - b) pancreatitis
 - c) esophagitis
 - d) hiatal hernia
66. A true food allergy **always**:
- a) creates an aversion to the offending food.
 - b) gives the same reaction to the same food
 - c) involves symptoms such as headaches or hives
 - d) elicits an immune response
 - e) causes an immediate reaction.
67. Large amounts of _____ are helpful in diluting urine for the treatment of renal stones.
- a) fats
 - b) fluids
 - c) carbohydrates
 - d) proteins
68. The most appropriate diet for a patient whose jaw was broken in a motor vehicle accident is
a _____ diet.
- a) high-protein
 - b) blenderized liquid
 - c) fiber-restricted
 - d) fat-restricted
 - e) clear liquid
69. How are antibiotics useful in treating peptic ulcers?
- a) break down the cells that compose the ulcer
 - b) inhibit gastric secretion
 - c) neutralize any excess acid
 - d) kill the bacteria
70. A good way to begin a safe and effective weight-loss program is to:
- a) recognize that the feelings of starvation are inevitable.
 - b) reduce energy intake to 800 kcalories per day.
 - c) start on a Monday.
 - d) commit to drinking 2 gallons of water per day.
 - e) keep a food and activity diary.

71. All of the following can help increase total vegetable intake EXCEPT .
- a) increase vegetable content of mixed dishes
 - b) increase protein added to dishes
 - c) eat a salad with meals
 - d) blend vegetables into meals and snacks
72. Impaired swallowing indicates the need for a ___diet.
- a) fat-restricted
 - b) fiber-restricted
 - c) low sodium
 - d) high-protein
 - e) mechanically altered
73. Blood flow that is blocked from tissues that are located some distance from the heart is called _____.
- a) peripheral vascular disease
 - b) angina pectoris
 - c) thrombus disease
 - d) cerebrovascular accident
74. Cirrhosis
- a) occurs only in the large intestine
 - b) inevitably results in death
 - c) is a liver disease characterized by cell loss
 - d) is always caused by alcoholism
75. For an adult's height to be accurately measured, the person should stand:
- a) with feet slightly apart.
 - b) two inches away from the wall.
 - c) with slightly bent knees.
 - d) erect without shoes.
 - e) erect with shoes.
76. What does polyphagia mean?
- a) excessive urination
 - b) reduced appetite
 - c) excessive thirst
 - d) excessive appetite
77. What is the name of the condition that can occur after gastric surgery and is characterized by dizziness, weakness, cramps, vomiting, and diarrhea?
- a) hyperglycemia
 - b) hypoglycemia
 - c) opportunistic infection
 - d) dumping syndrome
78. Edema refers to:
- a) protein energy malnutrition.
 - b) wasting.
 - c) fluid retention.
 - d) dehydration.
 - e) hypertension.

79. About half of patients with acute kidney injury experience oliguria. This means that they produce less than _____ milliliters of urine per day.
- a) 1,200
 - b) 600
 - c) 500
 - d) 800
 - e) 1,000
80. The medical history provides information about:
- a) living situation.
 - b) social concerns.
 - c) genetic susceptibility for diseases.
 - d) financial concerns that may restrict access to food.
 - e) body weight and dietary changes.

END OF EXAMINATION