BRENTWOOD
OPEN LEARNING COLLEGE

Assignment Cover Sheet

Student Name:	Roschele Zurbito
Student Number:	1334
Course:	Diploma in Diet and Nutrition
Assignment NO:	1

Please refer to attached sheets (5 pages)

Student Statement:

By submitting this assignment, I confirm that this is my own work.

Student Signature		Date	12/2/2015

For Tutor / Assessor Use Only

Total Marks	
Marks Obtained	
Percentage / Grade	

Assessment 1

Total Marks 30

Question 1 Multiple Choice Questions: **(05)**

i. Nutrition is the process of consuming, absorbing and;
a) storing nutrients
(b) using nutrients
c) losing nutrients

ii. Proteins are involved in;
a) a range of biochemical reactions
b) maintaining ionic balances in the body
(c) growth, repair and general maintenance of the body

iii. Vitamins are important for;
(a) a range of biochemical reactions
b) providing energy to the body
c) growth and repair of the body

vi. An excess of only 200 calories per day for 10 days is likely to result in a weight gain of nearly;
(a) 0.5 pounds
b) 1 pound
c) 2 pounds

v. One Kcal is approximately;
a) 5.2 KJ
(b) 4.2 KJ
c) 6.2 KJ

vi. people maintain a stable weight when their total energy intake balances their;
a) total energy expenditure(TEE)
(b) basal metabolic rate (BMR)
c) reference energy intake (REI)

R2

vii. Which of the followings BMI is considered healthy?
a) 30-35
b) 35-40
c) 18.5-25

viii. When we are in energy balance, we;
a) put on weight
b) lose weight
c) retain the same weight

xi. BMI between 30-35 is considered;
a) normal
b) overweight
c) obese

x. The formula for calculating BMI is:

BMI= weight x height
BMI= weight/ kg
Height/m
BMI = weight/kg
Height/m2

$$BMI = \frac{weight/kg}{Height/m^2}$$

Q: 2: Short Questions – Answer pages 4-5 **(18)**

Each parts carry equal marks

i. The energy requirements are different for different people. Why?

ii. What is BMI? And how can it be calculated?

iii. Define whole foods|| and also describe their importance in our diet.

iv. What are refined foods? Are they nutritious? If not why?

v. What is basal metabolic rate? What is the difference between total energy expenditure (TEE) and Basal Metabolic Rate (BMR)?

vi. What are micro-nutrients? And why our body needs them?

R2

Case Study

(7)

Lucy (32) is a fairly active young woman, who works out in the gym several days a week. She has a stressful job. Her diet intake record also shows that the diet she is taking is healthy and balanced. Her BMI, falls within the ideal range but her skin is very dry and most of the time she feels tired and fatigued. She has
been taking good care of herself and her diet and takes appropriate rest also but is greatly worried about these problems. Most of the time she does not feel fresh and is not enjoying her life well.

Questions:

1) The reason for Lucy's dry skin seems that;
   a) she is not taking proper amount of vegetables in her diet
   b) she is not taking proper exercise
   c) she is not drinking enough water

2) The reason for Lucy's tiredness could be;
   a) her stressful job
   b) her physical activity
   c) dehydration

3) What could be the best dietary advice for Lucy;
   a) she should take multivitamin supplement
   b) she should take more rest
   c) she should take 6-8 glasses of water daily

R2

Q:2: Short Questions

i. The energy requirements are different for different people. Why?

Different people need different amount of energy. This depends on our basal metabolic rate (BMR), which measures the amount of energy we use to maintain the basic functions of the body, as well as our level of activity. Some activities use more energy than the others. The more active we are, the more energy our body uses up.

ii What is BMI? And how can it be calculated?

BMI is a measure that can allow us to check if we are a healthy weight for our height. It allows for natural variations in body shape, giving a healthy weight range for a particular height. Although useful for most people, BMI doesn't work for everyone. It's not suitable for young children or older people. It's also not very useful if we have a high muscle bulk. The heavier muscles will push up the BMI measurement.

To calculate BMI, take the weight (kg) and divide it by height (m). Then divide that number once again by height (m).

iii Define whole foods and also describe their importance in our diet.

Whole foods are the edible parts of foods that are as close to their natural state as possible and are prepared in a way that retains enough nutritional value to be supportive of health.

iv. What are refined foods? Are they nutritions? If not why?

Refined foods are those which have been processed so that most of their nutrients have been stripped away from them. No, not nutritions because refined food are actually nutrient thieves because in addition to not only providing nutrients they actually rob the body of its stored nutrients in order to make the energy it takes to digest them.

v. What is basal metabolic rate? What is the difference between total energy expenditure (TEE) and Basal Metabolic Rate (BMR)?

Our Basal Metabolic Rate (or resting metabolic rate) is the minimum number of calories we need to burn to fuel essential bodily processes and keep our organs and tissues in working order - the process that continue as we sit quietly or lie asleep, such as breathing and the beating of our heart.
Further energy expenditure is necessary to carry out everyday activities beyond the energy required for the BMR; this is called the total energy expenditure (TEE)

vi. What are micro-nutrients? And why our body needs them?

Micronutrients are required daily in small quantities - in milligrams (one thousandth of a gram) to micrograms (one millionth of a gram). They include vitamins and certain minerals that enable the body to use macronutrients. These minerals are called trace minerals because the body needs only very small amounts.