

# Nutrition 100 Final Exam 2022/2023

What is the relationship between malnutrition and infection? - Correct Answer It is a cycle that is constant until broken. Immune system is weak, RBC count is higher, not taking enough food, losing/wasting nutrients. Malnutrition- makes adults feel ill, they lose fat, muscles and strength. Can cause infection

Infection- increases nutrient needs, impaired ability to work to obtain food.

What is the difference between primary and secondary causes of malnutrition? - Correct Answer  
Primary: lack of access to food

Secondary: genetic, environment, and lack of education

What is food poverty? - Correct Answer Poverty that leads to the lack of access to nutritious foods

Which groups of people are most likely to be hungry? Why? - Correct Answer Athletics, infants, toddlers, adolescents, pregnant women, low income families, lack of education, poor environment, food poverty-insecurity

What are the leading causes of childhood death? Are they preventable? - Correct Answer o Severe Acute Malnutrition- 10% of the world suffers from SAM. Children burn off lean and fat tissue in order to gain energy

o Chronic Malnutrition- 25% of children. Growth ceases because they lack proper nutrients to grow normally. Increased risk of infection, diarrhea, and vitamin deficiency diseases.

o Malnutrition children need formulated fluids and foods

-diarrhea, pneumonia, and malaria. Yes, there are certain ways to prevent them

What are deficiency diseases for iodine and vitamin A? - Correct Answer -Gorder, hyperthyroidism, hypothyroidism, cretinism

-Prevent= iodize salt

-Vitamin A

-Night Blindness, corneal drying, Bitot's spots, keratomalacia, Xerophthalmia

-Preventable= consuming Vitamin A = carrots, leafy greens

# **Nutrition And Wellness 2 Final Exam Review Answers**

**SB Merriam**



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