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Under-nutrition

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Multiple choice questions

1. What percentage of weight loss over a period of 3–6 months is a justification to suspect acute under-nutrition?
   (a) >5%.
   (b) >10%.
   (c) >20%.

2. Which organ cannot function without glucose?
   (a) Kidney.
   (b) Liver.
   (c) Brain.

3. Chronic energy deficiency describes a state
   (a) Of constant weight loss.
   (b) Of low but stable weight.
   (c) Of normal weight despite low energy intakes.
4. By how much does the total daily energy expenditure decrease in elderly people?

(a) 95 kcal/day/decade.
(b) 167 kcal/day/year.
(c) 239 kcal/day/decade.

5. When is severe acute malnutrition diagnosed in children?

(a) Weight for age z-score less than −3.
(b) Weight for height z-score less than −3.
(c) Weight >20% below ideal weight.

6. What is the physical activity level (PAL) of an ambulatory patient?

(a) 1.3–1.6.
(b) 1.7–2.0.
(c) 1.2–1.3.