

Test 10

Assessment of a nutritional status, description of health risks, hygienic recommendations for the correcting actual nutrition

Types of energy expenditure in man.

1. The value of basal metabolism energy (mean value in average conditions).
2. Principles of modern rating of people's need for energy and nutrition.
3. Intensity of labor classification in rating of people's need for energy and nutrition. Where are the medical personnel in this classification?
4. Age-related groups of adult working population in rating of people's need for energy and nutrition.
5. The recommended energy need in elderly people.
6. The recommended energy need in occupational group 1.
7. The recommended consumption of proteins, fats and carbohydrates for individuals in occupational group 1.
8. Energy value of proteins, fats and carbohydrates.
9. Balanced nutrition, definition thereof.
10. The requirements of balanced nutrition.
11. The ratio of proteins, fats and carbohydrates in nutrition guidelines.
12. The recommended amount of animal proteins in daily diet (% of total protein).
13. The recommended amount of vegetable oil in daily diet.
14. The recommended amount of monosaccharides in daily diet (% of total carbohydrates).