



PAKISTAN NUTRITION & DIETETIC SOCIETY (PNDS)
Continuing Nutrition Education Session Quiz

CNE TOPIC: _____

Name of Participant: _____ Date: _____

1. In a child aged 3 years after a bout of severe diarrhea controlled with IV fluids and ORS. Best option now would be:

- a) breast feeding alone
- b) ORS alone
- c) KYB alone
- d) KYB and ORS
- e) regular food for a three year old
- f) Regular food and KYB

2. The most common cause of diarrhea in children is

- a) rota virus
- b) vibrio cholera
- c) enteric fever
- d) amebiasis

3. Nutrition should be curtailed in a child with gastroenteritis (mod. Dehydration)

True or false

4. In a child with lactose intolerance yoghurt is contraindicated

True or false

5. Use of *Lactobacillcasei* as probiotic drinks in radiation induced diarrheal patients will

- a) Decreases the incidence of diarrhea
- b) Improves the consistency of stool
- c) Both a) & b)
- d) No effect on diarrhea incidence and consistency

6. Generally in low FODMAP diet for treatment for IBS _____ is not recommended.

- a) Reduce intake of fat
- b) Encourage excessive fiber intake
- c) Reduce caffeine
- d) Avoid gas producing foods

- 7. An association between diarrhea associated morbidity & zinc intake is**
- a) Increased fecal zinc loss
 - b) Decreased zinc concentration among children with diarrhea
 - c) Negative zinc balance
 - d) All of the above
- 8. Zinc deficiency is prevalent in developing countries because of**
- a) Decreased dietary intake
 - b) Lack of animal food intake
 - c) Decreased bioavailability of zinc because high phytate:zinc ration in diet
 - d) All of the above
- 9. Which one of the following should be avoided in diarrhea?**
- a) Diluted apple juice, clear broth
 - b) Banana, kefir, oatmeal
 - c) Farina, noodles
 - d) Pringles, lays
- 10. _____ diarrhea ceases on fasting**
- a) Osmotic
 - b) Secretory
 - c) Motility induced
 - d) Inflammatory