

Final test
Dietitian full-time
(English)

PRACTICAL DIETETICS
Single Choice Questions

In what form should the permitted daily carbohydrate intake be prescribed for patients with diabetes?

- The patient may consume 3 bread rolls/buns per day
- The patient may consume anything except sugar
- The permitted carbohydrate amount must be given in grams**
- The patient may consume anything except lactose

Which of the following does NOT need to be counted toward daily carbohydrate intake if consumed in usual amounts?

- Bread roll/bun
- Carrot
- Radish**
- Potato

Which component of soy may be beneficial for the body?

- Trypsin inhibitor content
- Phytate content
- Arabinogalactan content**
- Protein content that is not allergenic

Which of the following is recommended in a low-energy diet?

- Breaded deep-fried turkey breast
- Turkey breast with apples**
- Chicken paprikash
- Pork stew

How many times per day should lifestyle-treated diabetic patients eat?

- 3 times per day
- Only when hungry
- 5-6 meals per day**
- As many times as they want

Is a diet rich in soluble dietary fiber useful for a patient with high cholesterol?

- No, it does not influence cholesterol levels
- No, because it only inhibits Ca, Mg, Zn, and Fe absorption
- Yes, because it binds bile acids in the small intestine and prevents enterohepatic circulation of cholesterol**
- Yes, because it lowers the glycemic index

Which raw material has the highest dietary fiber content per 100 g?

Wheat bran

Wheat germ

Green peas

Zucchini

Which raw material has the highest cholesterol content per 100 g?

Chicken liver

Lard

Whipped cream

Sour cream

Which is the correct daily carbohydrate distribution for a type 2 diabetic patient treated only with lifestyle therapy?

Breakfast 35 g, snack 15 g, lunch 50 g, snack 15 g, dinner 35 g

Breakfast 50 g, snack 5 g, lunch 30 g, snack 20 g, dinner 20 g

Breakfast 30 g, snack 15 g, lunch 50 g, snack 15 g, dinner 45 g

Breakfast 25 g, snack 20 g, lunch 45 g, snack 15 g, dinner 50 g

Which data does NOT belong in the Subjective Global Assessment (SGA) questionnaire?

Gastrointestinal symptoms

Changes in physical strength

Overall assessment (well nourished, moderately malnourished, severely malnourished)

Blood glucose level and its changes

Which data does NOT belong in the Subjective Global Assessment (SGA) questionnaire?

Body weight and changes

Blood pressure and changes

Food intake and changes

Physical examination (subcutaneous fat, muscle mass, edema or ascites)

Which meal set does NOT contain 25 g of (countable) carbohydrates?

200 ml milk, 30 g brown bread, low-fat margarine, green pepper

100 g lettuce, 60 g corn, chives, apple cider vinegar, olive oil

150 g apple, 3 crispbreads, mineral water

Tea with artificial sweetener, 50 g brown bread, ham, tomato

Which list shows foods in increasing order of sodium content?

Camping cheese, brown bread, carrot, salami

Carrot, salami, camping cheese, brown bread

Carrot, brown bread, camping cheese, salami

Carrot, camping cheese, brown bread, salami

Which list shows foods in decreasing order of fiber content?

Wheat bran, oat bran, oatmeal

Oatmeal, brown bread, oat bran

Corn flour, wheat flour, oatmeal

White bread, graham bread, potato bread

Which foods contain abundant potassium (>300 mg/100 g)?

Raisins, banana, potato

Apple, peach, green pepper

Milk, sour cream, kefir

Egg, cream, curdled milk

Which sugars are listed in decreasing order of blood glucose–raising effect?

Glucose, fructose, sucrose, lactose

Glucose, sucrose, lactose, fructose

Sucrose, glucose, fructose, lactose

Fructose, sucrose, glucose, lactose

What characterizes the diet for hypertension?

Weight normalization, reduced salt intake, adequate Ca, K, Mg intake, modified fatty acid ratio

Increased salt intake and a potassium-rich diet

Reduced salt and energy intake, zinc-rich

Reduced salt and energy intake, iron-rich

What is the effect of trans fatty acids on blood lipids?

Increase cholesterol levels

Decrease cholesterol levels

Increase HDL levels

No effect

What is recommended in gastroesophageal reflux disease (GERD)?

Fatty foods consumption

Spicy foods consumption

Garlic and onion consumption

Chewing gum

On what basis are foods evaluated in a diabetic diet?

Only carbohydrate content

Carbohydrate and fat content

Only carbohydrate quality

Only fat quality

Which of the following does NOT increase triglyceride levels?

Plum brandy

Apricot jam sweetened with fructose

Apple

Bread spread with duck fat

Why would you recommend MCT fats to a patient with chronic pancreatitis?

Because they reduce cholesterol levels

Because they can be absorbed even in the absence of pancreatic lipase

Because they contain essential fatty acids

Because they contain saturated fatty acids

How often should a diabetic patient on intensive insulin therapy eat, who receives basal insulin 1–2 times daily and ultra-fast-acting insulin 3 times daily?

5–6 times

2 times

3 times

1 time

The absorption of which nutrient is inhibited by sulfasalazine derivatives used in inflammatory bowel diseases?

Folic acid absorption

Calcium absorption

Vitamin C absorption

Vitamin D absorption

The utilization of which nutrient is impaired by corticosteroid derivatives used in inflammatory bowel diseases?

Folic acid utilization

Calcium utilization

Vitamin C utilization

Vitamin D utilization

Which item is NOT covered by the Subjective Global Assessment (SGA) used in patients with chronic kidney failure or those on dialysis?

Food intake and its changes

Changes in physical strength

Body weight and its changes

Foods and food products causing allergies

What is meant by inverse anorexia?

Another name for orthorexia nervosa

Another term for bulimia nervosa

Another name for muscle dysmorphia

Another name for drunkorexia

Select the raw material recommended for a high-fiber diet!

Strawberry

Polished white rice

Sour cream (20%)

Chicken breast

Select the raw material recommended for a low-fiber diet!

Strawberry

Polished white rice

Graham bread

White cabbage

Select the option that contains only fish rich in EPA!

Carp, bream

Beluga sturgeon, catfish

Mackerel, herring

Grass carp, silver carp

What are the critical nutrients in individuals following a vegan diet?

Complex carbohydrates

EPA/DHA

Vitamin C

Omega-6 fatty acids

Which foods can serve as protein sources in a vegan diet?

Seitan, tempeh

Button mushrooms, chanterelles

Carrot, parsnip

Eggplant, cantaloupe melon

Which dish can be enriched most effectively with whipped cream?

Boiled couscous

Vinegar-based head lettuce salad

Banana smoothie

Vegetable spread

How many grams of protein do you enrich mashed potatoes with if you add 5 scoops of PROTIFAR?

25 g protein

11 g protein

2.2 g protein

5 g protein

For which dish would you use coconut drink to prepare a dairy-free version?

Dairy-free “rice pudding”

Spinach stew

Squash stew

Pork cracklings

Multiple Choice Questions

From the following, select the tasks of a dietitian in cases of eating disorders!

- Performing and evaluating anthropometric measurements**
- Knowledge of biochemical parameters (K, Na, Mg, etc.)**
- Education**
- Monitoring hydration/dehydration**

Characteristics of a cardioprotective diet include:

- Reducing table salt intake (below 5 g/day)**
- Consumption of foods rich in plant sterols**
- Increasing vegetable and fruit intake**
- Excluding oilseeds from the diet

Is a high-protein diet required in compensated liver cirrhosis?

- Yes, because methionine initiates protein synthesis and, together with choline, protects against fatty liver**
- Yes, and within this, ensuring sulfur-containing amino acids is important**
- Yes, but protein intake should primarily come from milk, dairy products, cottage cheese, and eggs rather than meat**
- Increased protein intake is required in all liver diseases

In chronic kidney failure, the diagnosis of protein-energy malnutrition requires:

- Biochemical parameters (e.g., low albumin and cholesterol levels)**
- Low body weight and evidence of weight loss**
- Evidence of increased body fat and muscle mass
- Evidence of low protein and energy intake**

Which fats do NOT contain cholesterol?

- Soybean oil**
- Olive oil**
- Pumpkin seed oil**
- Duck fat

What are the indications for a low-sodium diet?

- Hypertension treated with diet alone**
- Decompensated liver cirrhosis (ascites)**
- Myocardial infarction**
- Varicose veins

Which seasoning methods are recommended in a low-sodium diet?

- Seasoning with herbs**
- Acidification with lemon**
- Flavor adjustment toward mildly sour–sweet tastes**
- Stuffing dishes with vegetables**

What are nutritional habits assessment methods?

FFQ (Food Frequency Questionnaire)

24-hour food recall

Food diary (food record)

Measurement of skinfold thickness

Which are anthropometric assessment methods?

FFQ

Waist circumference measurement

Food diary (food record)

Measurement of skinfold thickness

What characterizes the diet of a patient at home after myocardial infarction?

Energy intake adjusted to body weight

Proper selection of both quantity and quality of fats

Inclusion of potassium- and magnesium-rich foods

Daily sodium intake of 3500 mg

Which of the following can be included in a cardioprotective diet?

Graham bread

Brown rice

Korpovit biscuits

Cheese-filled roll

Which of the following are characteristics of the Mediterranean diet?

Preference for low-fat milk and cheeses

Consumption of olive oil

Limitation of red meat consumption

Consumption of refined grain products

What advice would you give to a patient with a prolonged fever?

Consume fluids rich in minerals

Avoid fatty, hard-to-digest foods

Enrich and fortify meals to ensure adequate energy and nutrient intake

Due to energy loss, 7–8 meals per day are required

What advice would you give to a patient with gout?

Consumption of low-fat raw materials and food products

Consumption of salted and smoked foods

Avoidance of meats with high purine content

Consumption of milk and dairy products is not recommended

Which fat can be recommended for food preparation in patients with atherosclerosis?

Goose fat

Pumpkin seed oil

Lard

Soybean oil

Select foods with a fat content lower than 20 g/100 g!

Chestnut
Cottage cheese
Parisian/Bologna sausage („Párizsi”)
Whipping cream

Select foods with a fat content higher than 20 g/100 g!

Chicken breast ham
Trappist cheese
Yogurt
Walnut

Select foods and beverages recommended for patients with hypertension!

Freshly pressed apple juice
Sauerkraut juice
Beetroot salad with yogurt
Sandwich with salami

Select thickening methods applicable in a low-fat diet!

Dry roux, simple thickening
Finishing with fat (mounting), diet roux
Kefir-based thickening, thickening with potato
Thickening with egg yolks and cream, sprinkle with flour

Select loosening material suitable for a low-fat diet.

Bread roll/bun
Rice
Egg white
Cream

Select possible nutritional causes of acute pancreatitis!

Regular alcohol consumption
Regular chocolate consumption
Excessive fat and protein intake
Excessive carbohydrate intake

Select the dietary treatment principles of anorexia nervosa!

Adequate fluid intake and correction of electrolyte balance
Gradual increase of energy and nutrient intake according to nutritional status
Correct macronutrient ratios are considered from the start of treatment
Dietary treatment places strong emphasis on enrichment and fortification

Select characteristics of anorexia nervosa!

The disease typically manifests between 13–18 years of age
Due to body image disturbance, energy intake is strictly restricted
The patient's nutritional status is normal
The patient accepts all foods and has no food aversions

Select foods containing biogenic amines!

Fresh cheeses

Red wine

Smoked meats

Sauerkraut

Select foods containing biogenic amines!

Dried fruits

Overripe cheeses

Leafy vegetables

Smoked meats

Select foods forbidden in the PKU diet!

Meats

Fish

Eggs

Honey

Select nutrients necessary for the development of healthy dentition!

Vitamin D

Fluoride

Calcium

Selenium

Select the true statements!

A magnesium-rich diet means at least 350 mg Mg/day

A potassium-rich diet means 3500 mg potassium/day

Antioxidant nutrients (tocopherol, ascorbic acid, carotenoids, selenium, zinc)

reduce free radical formation

Reduced-sodium salt contains KCl in addition to NaCl

Select what characterizes polymeric formulas (oral nutrition supplements)!

They contain large-molecule carbohydrates, fats, and proteins

They are not suitable for sole nutrition

They are recommended when digestion and absorption are normal

They contain pre-digested nutrients

Select what characterizes elemental/semi-elemental formulas (oral nutrition supplements)

They contain nutrients broken down into small molecules ("pre-digested")

Their use is indicated when digestion and/or nutrient absorption is severely impaired

They are suitable for sole nutrition

They are not suitable for sole nutrition

Foods and food products recommended in a low-fat diet:

Chicken breast ham

Salami

Pork loin

Pork ribs

Which are the critical nutrients in individuals following a lacto-ovo vegetarian diet?

EPA, DHA

Calcium, vitamin D

Iron, iodine

Essential amino acids and fatty acids

Which foods can serve as protein sources in a vegan diet?

Chickpeas, mung beans

Tofu, soy yogurt

Almonds, walnuts

Asparagus, rhubarb

Which lifestyle factors are associated with cancer development (either positively or negatively)?

Body fat mass

Birth weight and adult height

Breastfeeding

Bone mass

What are the risk factors for the development of lung cancer?

Arsenic-contaminated drinking water

High-dose beta-carotene supplementation

Processed meat products and red meats

Vitamin C supplementation

Offer suggestions and tips to help reduce nausea and vomiting during chemotherapy.

Avoid long fasting periods; hunger worsens nausea. Up to 6–7 meals per day may be needed

Avoid cooking favorite foods and drinks, as they may become associated with unpleasant physical symptoms, and aversion may persist

Always have low-fat crackers, pretzels, or vegetable chips available so food is immediately at hand when able to eat

Eat foods hot and warm

Which are isotonic drinks?

1 L fruit tea + 40 g sugar + 1 coffee spoon of salt

0.5 L strained fruit juice + 0.5 L water + 1 tablespoon of salt

0.5 L strained apple juice + 0.5 L water + 40 g maltodextrin + 1 coffee spoon of salt

1 L strongly brewed black tea + 150 g maltodextrin + 1 coffee spoon of salt

Which are protective (preventive) dietary factors against cancer?

Maintaining a healthy, normal body weight

Breastfeeding (protective for both mother and child)

Regular physical activity

Regular dietary supplement use

In which diseases is a gluten-free diet evidence-based?

Coeliac disease, gluten ataxia

Insulin resistance, rheumatoid arthritis

WDEIA, IgE-mediated wheat allergy

Hashimoto's thyroiditis, PCOS

Which foods contain gluten as a natural source (cross-contamination is not considered here)?

Green pea stew, meat patty

Breaded deep-fried chicken breast, mashed potatoes

Fruit barley porridge

Lentil-quinoa salad, grilled chicken breast

Which meal sets are high in FODMAP content?

Latte, chickpea spread, whole-grain bread

Cocoa with whipped cream, apple pie

Apple juice, Baked Broccoli Casserole

Lactose-free cappuccino, vegetable cream (carrot, parsley root, margarine), bread roll/bun

True / False

Is the statement true?

In type 2 diabetes, impaired glucose tolerance develops simultaneously with the development of overweight, and it does not normalize even when body weight is restored. (False)

Is the statement true?

“Canderel” is an acesulfame-K–based sugar substitute. (False)

Is the statement true?

“Glukonon” is a sorbitol-containing sugar substitute. (True)

Is the statement true?

The method of “explaining by asking” is one of the rarely used forms of lecturing. (False)

Is the statement true?

Dry pasta made from durum wheat has a lower carbohydrate content than traditional dry pasta. (False)

Is the statement true?

The calculation of glycemic load is: glycemic index/carbohydrate amount (g). (False)

Is the statement true?

The glycemic index of glucose is 100. (True)

Is the statement true?

Coconut fat is rich in unsaturated fatty acids. (False)

Is the statement true?

Sunflower oil contains linoleic acid. (True)

Is the statement true?

When delivering a professional presentation, the style should be precise and clear, and preferably free of clichés. (True)

Is the statement true?

The body’s insulin sensitivity shows diurnal variation: highest in the morning and late afternoon, and lowest at noon and at night. (False)

Is the statement true?

Taking a dietary assessment is not the dietitian’s task; it can be performed by a physician or nurse. (False)

Is the statement true?

In the second phase of acute hepatitis, protein reintroduction occurs, while the use of carbohydrate-rich foods and raw materials remains characteristic. (True)

Is the statement true?

In the second phase of acute hepatitis, protein reintroduction occurs, and fats still must not be used in food preparation. (True)

Is the statement true?

The diet of a patient after myocardial infarction is energy-dense, rich in flavors, fluid-rich, puréed, and low in fiber and cholesterol. (False)

Is the statement true?

Insulin-treated diabetic patients must follow a diet because the action profile of insulin preparations does not adapt to the blood glucose rise caused by carbohydrates absorbed from food. (True)

Is the statement true?

The diet used in constipation is high in fiber, and adequate fluid intake of at least 2 L/day is recommended. (True)

Is the statement true?

Duodenal ulcer is characterized by hypoacidity accompanied by reduced bicarbonate secretion. (False)

Is the statement true?

Most foods are less acidic than the normal gastric pH of 1–3; therefore, the inclusion of “acidic foods” in the diet should be determined individually based on patient observation. (True)

Is the statement true?

Weight gain between two dialysis sessions exceeds 4-4.5 kg or 8-10% of dry body weight. (False)

Is the statement true?

The message of the “Stop Salt” program is to always check labels when shopping and choose products with lower salt content. (True)

Is the statement true?

Mackerel contains omega-3 fatty acids. (True)

Is the statement true?

If the daily intake of trans fatty acids is below 1% of total energy intake, they do not pose a significant risk. (True)

Is the statement true?

The DASH diet plays an important role in the prevention and treatment of hypertension. (True)

Is the statement true?

Malnutrition is a significant problem in stages 4-5 of chronic kidney disease. (True)

Is the statement true?

Patients with orthorexia are pathologically and compulsively preoccupied with healthy eating. (True)

Is the statement true?

A patient with bulimia is always malnourished. (False)

Relation Analysis

Analyze the statements!

Statement A: Diabetes mellitus is only a disorder of carbohydrate metabolism,

Statement B: because postprandial blood glucose elevation is higher and more prolonged than in healthy individuals.

Evaluation: **False – True – No relationship**

Analyze the statements!

Statement A: The glycemic index of durum pasta is lower than that of traditional dry pasta,

Statement B: because the carbohydrate content of durum wheat flour is lower than that of wheat flour.

Evaluation: **True – False – No relationship**

Analyze the statements!

Statement A: Pasta made from durum wheat flour, which contains mainly amylose, has a low glycemic index,

Statement B: because the straight-chain structure of amylose is broken down into glucose more slowly by the amylase enzyme.

Evaluation: **True – True – There is a relationship**

Analyze the statements!

Statement A: Side effects of chemotherapy may include nausea and vomiting,

Statement B: therefore, hot, spicy, strongly scented foods should be avoided.

Evaluation: **True – True – There is a relationship**

Analyze the statements!

Statement A: Oxalic acid, found in spinach and rhubarb, forms an insoluble complex with calcium,

Statement B: therefore it reduces calcium absorption.

Evaluation: **True – True – There is a relationship**

Analyze the statements!

Statement A: Phytic acid, found in legumes and wheat bran, forms an insoluble complex with calcium,

Statement B: therefore it enhances calcium absorption.

Evaluation: **True – False – No relationship**

Analyze the statements!

Statement A: Essential oils influence bile secretion and gallbladder contraction,
Statement B: therefore raw materials with high fat content must be excluded from the diet of patients with gallbladder disease.

Evaluation: **True – True – No relationship**

Analyze the statements!

Statement A: Essential oils influence bile secretion and gallbladder contraction,
Statement B: therefore raw materials with high essential oil content must be excluded from the diet of patients with gallbladder disease.

Evaluation: **True – True – There is a relationship**

Analyze the statements!

Statement A: A person with diabetes should rather consume a bread roll/bun than whole-grain bread,

Statement B: because whole-grain bread contains approximately 50 g of carbohydrates per 100 g, whereas a bread roll/bun contains only about 30 g of carbohydrates.

Evaluation: **False – True – No relationship**

Analyze the statements!

Statement A: Insufficient consumption of vegetables and fruits does not play a role in the development of cancer,

Statement B: because vitamin supplementation can be equally effective.

Evaluation: **False – False – No relationship**

Analyze the statements!

Statement A: In a diabetic diet, breads made from whole-grain flour can be used advantageously,

Statement B: because their carbohydrate content is lower than that of white bread.

Evaluation: **True – False – No relationship**

Analyze the statements!

Statement A: In the case of elevated serum triglyceride levels, strict alcohol abstinence is required,

Statement B: because the body is capable of producing triglycerides from alcohol.

Evaluation: **True – True – There is a relationship**

Analyze the statements!

Statement A: Two-thirds of sodium intake comes from processed foods,

Statement B: therefore we do not strive to limit table salt during home cooking.

Evaluation: **True – False – No relationship**

Analyze the statements!

Statement A: In case of increasing nausea during chemotherapy, prolonged fasting periods should be avoided,

Statement B: because hunger worsens nausea; up to 6–7 meals per day may be necessary.

Evaluation: **True – True – There is a relationship**

CATRING MANAGEMENT

Simple choice questions

Which documents are used to modify the daily patient catering headcount?

Daily meal order form for patients

Supplementary order and/or cancellation order form

Meal recipient records form

How are raw materials recorded on the Inventory ledger sheet?

In value only

In quantity only

In both value and quantity

How is the dough preparation area of the pastry kitchen divided, and according to which criteria?

Into separate machine rooms based on the production of soft and mixed doughs

Into yeast-leavened and mixed dough preparation units based on the required temperature conditions

Into cold and hot production areas based on the temperature requirements of product preparation

How is the air discharged from the drying section of compact dishwashers handled?

It is discharged directly outdoors through the ventilation duct, using the shortest possible route

It is released directly into the kitchen air

Before being conveyed into the ventilation duct, it is passed through a counterflow heat exchanger, where part of its thermal energy is utilized to preheat the water flowing into the boiler

It is filtered before being discharged outdoors

In the case of bank-mediated payment methods, who initiates the payment in a bank transfer?

The buyer

The supplier

Both the buyer and the supplier may initiate it

What are the criteria for the receiving of goods?

Quantity, quality, and value

Quantity, shelf life, and value

Quality, shelf life, and economic considerations

What is the role of information processes in the operation of the catering system?

They ensure the production programme of the catering unit

They inform employees about daily events

They provide information for management

Where are washed plates stored in the case of individual tray service?

In closed cabinets

In heated serving counters

In plate dispensers

How should the washing-up area be designed in the case of manual dishwashing?

In all cases, the installation of a three-compartment sink is required

In situations of limited space, a two-compartment sink is also acceptable

A three-compartment sink is prescribed; however, the installation of a two-compartment sink is also permitted if the detergent used contains both degreasing and disinfecting components

Which is the correct method for retaining food samples?

The food sample shall be placed in a tightly closed glass container with a ground stopper, stored in a refrigerator for 72 hours, and the stopper shall be sealed with tape

From each type of food, a minimum quantity of 100 g shall be placed in a designated, labelled container at the end of service and stored in a refrigerator for 72 hours

From each type of food, a quantity of 100 g shall be placed in a designated, labelled container at the beginning of service and stored in a refrigerator for 48 hours

What is the role of documents?

Describing the production programme

Serving as carriers of information related to economic management

Records related to catering activities

What is the requirement for the transportation of cold kitchen products?

A truck must be available

A closed vehicle must be available

A vehicle equipped with a refrigerated compartment must be available

What is the essence of double-entry bookkeeping?

Separate recording in terms of value and quantity

Interrelated accounting of assets and liabilities

The combined application of analytical and synthetic accounting

What is a pediatric kitchen?

A kitchen intended for the preparation of infant formulas required for artificial feeding

A finishing kitchen used for the preparation of infant formulas and other foods intended for infant care

A serving kitchen used for portioning foods prepared at the central kitchen for infants

Which requirement applies to the clothing of workers in the vegetable preparation area?

It must be clean and white

It must be a dark blue work coat

It must be different in colour from the clothing worn by workers in other work areas

What is meant by the principle of documentation?

For every economic transaction, a document must be issued, and accounting entries may only be made on the basis of such documents

The form, content, and issuance procedure of the document may differ from the underlying economic transaction

Documents must be retained for a specified period of time

What is meant by the term “economic transactions”?

The activities of the institution that generate economic results

Documentation procedures

Any event that results in a change in the institution’s assets that can be expressed in monetary value

What does the concept of self-cost-based fee cover?

Raw material cost

Raw material cost plus overhead costs

Overhead costs plus ancillary costs

Which of the following cannot be an external factor of the public catering model?

Economic influences

Legislation

Politics

Workforce composition

Which characteristics are typical of public catering?

It developed spontaneously

It satisfies the objective needs of consumers while disregarding subjective preferences

A daily changing but limited food selection

Free pricing

What is the catering norm?

Raw material cost plus overhead costs

Annual raw material cost including VAT

Raw material cost per catering day

Fee paid by the maintaining authority

Which of the following is regulated by the public catering decree?

The objective needs of recipients

The subjective needs of recipients

Ensuring 100% of energy requirements through four meals per day in hospitals

Catering in penitentiary institutions

What factors may influence the workforce requirements of a food service facility?

The level of pre-processing of purchased ingredients

Consumer composition and the number of partial meals

Available equipment and appliances

All of the above

Multiple choice questions

Which factors determine the preparation of the procurement plan?

- Type of goods**
- Storage capacities**
- The menu planned for the given period**
- Shelf life of the goods**

What requirements must be met by group meal transport boxes?

- Their dimensions must be compatible with the Gastronorm container system**
- They must be capable of being heated
- They must be hermetically sealed**
- They must be suitable for transporting individually plated meals

In the case of preservation by quick-freezing:

- By heat removal, the multiplication of living microorganisms is inhibited**
- The settlement of bacteria originating from the environment is made impossible**
- Ice crystals are formed in the products in such a way that they do not damage cell walls; therefore, cell fluids do not leak out**
- At low temperatures (-40°C), bacteria are destroyed

To which rooms should the meat preparation area be functionally directly connected?

- The (meat) cooler**
- The cooking kitchen**
- The dairy kitchen
- The cold kitchen**

What function does the cold kitchen perform in hospital catering?

- Preparation and packaging of breakfasts and cold dinners**
- Supplying the hospital buffet with cold kitchen products**
- Catering for various events on a commercial basis**
- Meeting the food orders of employees**

What characteristics are typical of budgetary institutions?

- They are legal entities**
- They serve the satisfaction of collective social needs**
- They perform public tasks as their core activities**
- The assets required to perform their tasks are provided by the founding authority**

In public catering, considering the type of meal provision, what percentage of the daily energy and nutrient requirements must be ensured?

- 75% in the case of providing breakfast, mid-morning snack, lunch, and afternoon snack**
- 65% in kindergartens**
- 35% in the case of providing lunch only**
- 75% in the case of providing a morning snack, lunch, and afternoon snack

What are the main elements of the activity process in the management subsystem?

Menu planning
Authorization
Ordering of goods
Sales

Which workload indicators are used to measure the efficiency of food service operations?

Number of catering days per food service employee
Production cost per food service employee
Number of employees per catering day
Average number of meal portions per day per kitchen employee involved in food preparation

Which subsystems constitute the food service system?

Management subsystem
Supply subsystem
Accounting subsystem
Materials allocation subsystem

Which processes constitute the food service system?

Material processes
Activity processes
Information processes
Technological processes

What is included in the appendices to the Food service policy?

The organizational chart of the catering service
The applicable legislation related to catering
A voucher catalogue related to catering
Job descriptions

Which operational elements constitute the supply subsystem?

Raw material procurement
Storage
Financial settlement
Meal preparation

Where may eggs be prepared?

In a dedicated egg preparation area
In the dishwashing area
In a separated section of the vegetable preparation area
In the cooking kitchen

Which activity processes require the menu as primary information?

Daily headcount reporting and meal requisition
Preparation of production sheet
Ordering of goods
Inventory taking

Which types of information are recorded as data in the process of the computerized system and used for further processing?

Ward meal orders

Aggregated headcount data

Menu (cooking schedule)

Data of goods release

What is the function of the dairy kitchen within the food service facility?

Preparation of breakfast beverages

Relieving the workload of the cooking kitchen

Preparation of infant formulas

Preparation of milk-based dishes, such as custards

What ensures the keeping of food warm in the case of individual tray service in Hungarian hospitals?

A heat-accumulating tray base

A plate cover

Preheating of the plates

A heated transport trolley

Which base data ensure the operation of the computerized information system?

Food database

Prime cost database

Dish database

Headcount database

What information is contained in the production sheet?

The number of portions of the dishes to be prepared

The quantities of raw materials to be used for the preparation of the dishes

The types of raw materials required for the preparation of the dishes

The prices of the dishes to be prepared

What are the advantages of using computers in public catering?

It helps to perform work more quickly

It allows the storage of large amounts of data that can be easily retrieved

With the availability of different modules, tasks can be performed more efficiently

Reports can be easily generated using stored data

What factors must be taken into account during storage activities?

Ensuring appropriate humidity

Ensuring appropriate temperature

Asset protection

Regular pest (rodent) control

Which of the following characteristics apply to the nursery age group (1–3 years)?

Diluted soups are not provided

Legume-based dishes are not allowed

Some nuts and seeds, like sesame and walnut must not be provided

Typical dishes include layered or stuffed vegetables

True or false

Is the statement true?

The stages of quantitative goods receiving are taking possession and detailed inspection. (True)

Is the statement true?

An employment relationship between the employee and the employer may only be established by a written employment contract. (True)

Is the statement true?

The production sheet may only be prepared by the catering manager. (False)

Is the statement true?

The warehouse stock card includes both quantity- and value-based registration. (False)

Is the statement true?

Due to the vegetable preparation area, a sand trap must be installed before the public sewer. (True)

Is the statement true?

The term “material process” refers to the route of raw materials. (False)

Is the statement true?

The term “material process” refers to the process of changes occurring in the institution’s assets. (True)

Is the statement true?

Meal transport trolleys used in individual tray service are heated. (False)

Is the statement true?

Due to its role in medical treatment, catering is organizationally subordinated to the hospital’s chief dietitian. (False)

Is the statement true?

In hospitals, catering belongs to the organization of economic and technical services. (True)

Is the statement true?

Meal vouchers are strict-accountability forms. (True)

Is the statement true?

In hospital catering, the menu serves as the operational work plan of the food service facility for the given period. (True)

Is the statement true?

„Normalized loss” refers to the permitted natural quantitative loss of foodstuffs and food materials. (True)

Is the statement true?

Inventory is a statement that records the quantity of assets actually present on a specified date. (True)

Is the statement true?

An internal production record sheet must be prepared at the end of the day for all finished products. (False)

Is the statement true?

According to the catering model, the existence of a computerized program can be considered an external factor. (False)

Is the statement true?

The employer is obliged to provide the employee with a job description within 7 days of commencing employment. (True)

Is the statement true?

One of the most important activities of the management subsystem is the management of serving. (False)

Is the statement true?

The Quality-Driven Public Catering Programme conducted by Nébih inspects only cooking kitchens. (False)

Is the statement true?

The material and disciplinary responsibility of the storekeeper is stipulated in the job description. (True)

Assertion–reason question

Analyse the statements!

A tilting frying pan is used exclusively for deep-fat frying, because it conserves oil and is self-cleaning.

False – False – No relationship

Analyse the statements!

The potato peeling machine must be operated at extra-low voltage, because the root vegetable preparation room is usually located in the basement and has a wet floor, which poses a serious electrical safety risk.

False – True – No relationship

Analyse the statements!

The centralization of the pastry kitchen is advisable, because the production and sale of pastry products can be separated in time and space, continuous production can be ensured, and the products are easy to transport.

True – True – There is a relationship

Analyse the statements!

The centralization of the cold kitchen is advisable, because the production and sale of cold kitchen products can be separated in time and space, continuous production can be ensured, and the products are easy to transport.

True – True – There is a relationship

Analyse the statements!

It is advisable to integrate the cold kitchen into the central kitchen facility, because the cold kitchen can be operated most economically when it performs only finishing operations using semi-finished and finished products.

True – True – There is a relationship

Analyse the statements!

The combi steamer is an energy-efficient appliance because it automatically switches off after reaching the preset core temperature.

True – True – There is a relationship

Analyse the statements!

Issues related to public employee status are regulated by acts, decree-laws, government decrees, and ministerial decrees, because the provisions of the Labour Code do not apply to public employees.

False – False – No relationship

Analyse the statements!

In large-scale catering fryers, the “self-cleaning” of oil is ensured, because the layer below the heating element remains undisturbed.

True – True – There is a relationship

Analyse the statements!

In the case of individual tray service, a central consumer dishwashing area is established, because this allows continuous-operation dishwashers to be operated economically.

True – True – There is a relationship

Analyse the statements!

The annual budget is prepared at the beginning of the financial year, because it does not influence financial management.

False – False – No relationship

Analyse the statements!

In the case of reheat kitchens, the only equipment that must be provided is the reheating and serving counter in order to ensure that all meals are served hot.

False – False – No relationship

Analyse the statements!

When receiving deep-frozen goods, the temperature of the product must be measured using a core thermometer, because maintaining the cold chain is a primary food safety requirement.

True – True – There is a relationship

Analyse the statements!

In public catering, consumer records are always kept on a nominal basis in order to credit the appropriate person in the event of cancellation for the following month.

False – True – There is a relationship

Analyse the statements!

Continuous control (tasting) during food preparation is essential because control is an important part of quality assurance.

True – True – There is a relationship

CLINICAL DIETETICS AND MEDICINE

Single choice

The patient's Fe level is low, but ferritin is normal. What could be the cause of this?

Iron deficiency anemia

Anemia caused by chronic disease

Hemolytic anemia

Which of the following is a late complication of diabetes mellitus?

nephropathy

retinopathy

both

What are the symptoms of hypoglycemia?

sweating

shaking hands

neither

both

What is the first characteristic symptom of adrenal insufficiency (Addison's disease)?

Fatigue

Increased skin pigmentation

Weight loss

Abdominal pain

What is the cause of secondary hypertension?

Renovascular disease

Cushing's syndrome

Both

Which statement is not true about the treatment of reflux disease?

Part of the patient's treatment is to normalize their body weight and follow a low-fat diet.

Part of the patient's treatment is to eat less in the evening.

Part of the patient's treatment is to position their upper body lower than their lower body in bed.

Which fasting blood sugar level corresponds to diabetes mellitus?

≤ 7 mmol/l

≥ 7 mmol/l

< 6 mmol/l

Which cardiovascular risk factor?

Hypertension

Diabetes mellitus

Hyperlipidemia

All of them

Which of the following three organs is most commonly affected by systemic lupus erythematosus?

kidney

liver

skeletal system

Which types of hiatal hernia require surgery?

Open esophagogastric junction

Paraesophageal hernia

Sliding axial hernia

Which symptom is not a sign of left heart failure?

Congestion above the lungs

Full neck veins

Orthopnea (less shortness of breath when sitting)

What are the typical values in chronic uremia?

Elevated Ca and decreased P

Decreased Ca and elevated P

Both Ca and P decreased

What is the most reliable laboratory sign of myocardial infarction?

Elevated SGOT and SGPT levels

Elevated LDH levels

Elevated troponin levels

What is the most dangerous cardiac arrhythmia?

ventricular extrasystoles

atrial-ventricular conduction disturbance

ventricular fibrillation

atrial fibrillation

What is NYHA stage III?

Symptoms even at rest

Symptoms even with mild exertion

Symptoms with significant exertion

What is the goal of treating AIDS patients?

Inhibition of abnormal antibody production

Increase in the number of T helper and suppressor lymphocytes

Inhibition of virus replication (division)

What most determines the functional status of the thyroid gland?

TSH level

FT4 level

FT3 level

Which occurs first?

Pollen allergy, then upper respiratory tract infections

Food allergy, then pollen allergy

Pollen allergy, then food allergy

Bronchial asthma, then pollen allergy

What are the characteristics of irritable bowel syndrome?

Slow weight loss

No nighttime diarrhea

Symptoms have only recently appeared

Why are active vitamin D levels low in chronic renal failure?

Vitamin 25OH-D is not produced in the liver

1,25-dihydrocholecalciferol is not produced in the kidneys

Vitamin 23OH-D production in the skin decreases

Vitamin D cannot be produced due to low parathyroid hormone levels

Multiple choice

The first-choice medicine groups for treating hypertension are:

- thiazide diuretics**
- alpha-adrenergic antagonists (Minipress)
- ACE inhibitors**
- calcium antagonists**

Characteristics of a gout attack:

- acute onset, typically at night**
- typically affects 1 joint**
- accompanied by hyperuricemia**
- rapid improvement with NSAID and colchicine treatment**
- even in chronic cases, no urate deposits in the joints

Medications used to treat chronic obstructive pulmonary disease (COPD):

- acetylcysteine as an expectorant**
- steroid nasal spray
- beta blockers, e.g., Betaloc or Propranolol
- bisoprolol as a selective beta blocker**
- oral steroid hormone treatment**

Treatment of acute pancreatitis:

- fasting until bowel sounds reappear**
- feeding via a stomach tube
- continuous suction of stomach contents via a tube**
- pain relief – if necessary – with morphine
- pain relief with Dolargan**

Laboratory diagnosis of metabolic bone diseases:

- Primary hyperparathyroidism: high calcium, low phosphorus, high parathyroid hormone**
- Primary hyperparathyroidism: low calcium, high phosphorus, high parathyroid hormone
- Osteoporosis: low calcium, high phosphorus, low parathyroid hormone
- Osteoporosis: the above parameters are normal**
- Osteomalacia: low vitamin D levels, low calcium, high parathyroid hormone**

Symptoms of diabetes mellitus

- polydipsia**
- polyuria**
- weight loss**
- polyphagia**
- hair loss

Not more common in cases of pulmonary emphysema:

- tuberculosis**
- right heart failure
- hepatomegaly
- osteoporosis
- hyperlipidemia**

How does cholesterol change in different diseases?

In hypothyroidism, it is elevated

In nephrotic syndrome, it increases

In chronic uremic conditions, it decreases

In malignant diseases, it increases

Steroid treatment reduces it

What methods can be used to diagnose Helicobacter pylori?

UBT breath test

Culture

Histological examination

Serology

What are the components of metabolic syndrome according to the definition?

hypertension

increased waist circumference

elevated liver enzymes

high triglyceride levels

high HDL cholesterol levels

What are the specific lung symptoms?

dry cough

weight loss

cough with phlegm

persistent fever

chest pain

What are the different types of antidiabetic drugs?

DPP-4 inhibitors

DPP-4 agonists

sulfonylureas

GLP-1 receptor antagonists

GLP-1 receptor agonists

What are the three most common types of cancer in men?

lung bronchus

larynx

colorectal

prostate

stomach

Which are the two most dangerous cardiac arrhythmias?

supraventricular sinus tachycardia

ventricular tachycardia

atrial extrasystoles

atrial fibrillation

ventricular fibrillation

What are the four criteria that, when present together, confirm the presence of systemic lupus erythematosus (American College of Rheumatology)?

butterfly rash

antinuclear antibodies (ANA)

photosensitivity

weight loss

kidney involvement (proteinuria >0.5 g or cylinders in the urine)

Which three pulmonary diseases cause the earliest death?

Tuberculosis

Bronchial carcinoma

Acute pneumonia

Chronic pneumonia

Chronic obstructive pulmonary disease

What indicates the presence of chronic pancreatitis?

diabetes

low amylase, lipase

calcification of the pancreas

tendency to diarrhea

positive secretin-cholecystokinin stimulation, increased lipase, amylase

What hormones are produced in the pituitary gland?

cortisol

thyroid stimulating hormone (TSH)

growth hormone

prolactin only in women

testosterone only in men

Which tests are necessary if thyroid dysfunction is suspected?

Measurement of TSH levels

Measurement of free thyroxine (FT4) and free triiodothyronine (FT3) is exclusively

Routine thyroid isotope testing

Routine thyroid gland ultrasound

Routine cytological examination of the thyroid gland

Not suitable for cancer screening:

breast self-examination

PSA measurement

gastroscopy

Weber test (detection of blood in stool)

brain CT

True/False

This statement is true?

Swallowing disorders, gastroparesis, and decreased intestinal motility are not typical in diabetes mellitus; these are more likely to occur in irritable bowel syndrome. (false)

This statement is true?

In diabetic nephropathy, macroalbuminuria indicates advanced renal failure. (true)

This statement is true?

Gallbladder cancer is a rare disease, but because it is asymptomatic, it is usually discovered at an inoperable stage. (true)

This statement is true?

Bed rest is necessary in cases of deep vein thrombosis, but heparin treatment is only justified in elderly patients, as the thrombus dissolves quickly in young people. (false)

This statement is true?

All first episodes of angina pectoris require emergency care because they can lead to myocardial infarction. (true)

This statement is true?

It is not recommended to use iodized table salt for families if any family member has reduced thyroid function, because even 20-30 µg of iodine intake alone can inhibit thyroid function. (false)

This statement is true?

HDL cholesterol, the protective cholesterol, is a determining factor in intracellular cholesterol homeostasis. (true)

This statement is true?

Ulcerative colitis is an intestinal disease characterized by bloody, mucous diarrhea. (true)

This statement is true?

The current goal of HIV treatment is not to cure the disease, but to significantly inhibit the speed of viral replication. (true)

This statement is true?

Iron deficiency anemia in adulthood may indicate gastrointestinal bleeding. (true)

This statement is true?

Typical complications of Chron's disease include fistulas, abscesses, and stenosis. (true)

This statement is true?

The incidence of diverticulosis increases with age, and a low-fiber diet and sedentary lifestyle play a significant role in its development. (true)

This statement is true?

Hepatitis B is a liver disease spread through the fecal-oral route. (false)

This statement is true?

Metabolic dysfunction-associated fatty liver disease primarily affects young women.
(false)

This statement is true?

Unfortunately, there are no antibodies that are specific to type 1 diabetes mellitus and indicate the risk of developing the disease before its onset (false).

Relationship analysis

Analyze the statements!

Ulcerative colitis does not cause bleeding,
but there is a risk of carcinoma.

False - True - No correlation

Analyze the statements!

The earliest laboratory sign of diabetic nephropathy is elevated creatinine,
while microalbuminuria and abnormal elevation of creatinine clearance occur later.

False – False – No correlation

Analyze the statements!

Cystic duct obstruction closes off the gallbladder and does not cause jaundice,
but may be accompanied by paralytic ileus.

True - False - No correlation

Analyze the statements!

The most common cause of liver cirrhosis is alcoholism
but it is also often caused by hepatitis A, especially if the patient has not received
appropriate antibiotic treatment.

True - False - No correlation

Analyze the statements!

The earliest laboratory sign of menopause is a decrease in estrogen levels, but after
several years, the pituitary gland's production of FSH and LH also increases.

False – False – No correlation

Analyze the statements!

The most common cause of osteoporosis in women is obesity,
because the lack of exercise caused by obesity reduces active vitamin D production.

False – False – No correlation

Analyze the statements!

Cushing's syndrome can be caused by reduced pituitary gland function and long-term
contraceptive treatment.

False – False – No correlation

Analyze the statements!

In advanced chronic uremia, calcium is low and phosphorus is high
because low parathyroid hormone production increases calcium excretion in urine.

True – False – No correlation

Analyze the statements!

In cases of hemolytic anemia, the source of bleeding must be identified
because this condition is associated with normocytic anemia.

False – True – No correlation

Analyze the statements!

**Irritable bowel syndrome can be diagnosed when the patient complains of
alternating diarrhea and constipation**
and has lost at least 10% of their previous body weight in the last year.

True – False – No correlation

COOKING TECHNOLOGY AND COLLOIDICS

Single choice

In light of healthy eating recommendations, what is the daily energy percentage of different nutrients?

- protein 10%, fat 35% carbohydrate 55%
- protein 20%, fat 20% carbohydrate 60%
- protein 12%, fat 30% carbohydrate 58%**
- protein 18%, fat 27% carbohydrate 55%

What are the four basic French sauces?

- Besamel, Suprem, Nontua, Spanish sauce
- Dutch sauce, Valite, Spanish, Brown sauce
- Besamel, Valute, Mayonnaise, Brown sauce
- Besamel, Valute, Dutch and Spanish sauce**

Which statement is true about steaming among heat exposure processes?

- After frying in plenty of fat, soften with a little liquid
- After frying (roasting) in a little hot fat, pour over a little warm liquid and cook under a lid**
- After frying in a little fat, cook in plenty of hot liquid

Which statement is true about melanin pigment?

- During storage, various non-enzymatic changes occur in many foods, causing them to darken and turn brown.
- A dark-colored pigment formed on the surface of cleaned vegetables under the influence of the polyphenol oxidase enzyme in the presence of air.**
- Chemically, prodigiosin produced by *Serratia marcescens* belongs to this group

Which cut of meat is used to make Csáky roast?

- short sirloin
- round flat
- sirloin**
- front of the brisket

Which soup is seasoned with sour cream?

- Tomato soup
- Green peas soup
- Italian vegetable soup
- Goulash soup
- Cauliflower soup**

What are the basic ingredients for Hungarian roux?

- fat, onion, flour, red paprika**
- fat, onion, garlic, flour, red paprika fat, flour, onion, garlic
- fat, flour, parsley
- fat, flour, onion, red paprika, pepper

What is the real, primary purpose of thickening?

- To give the food a characteristic consistency**
- To improve the digestibility of the food
- To flavor the food
- To coat the raw ingredients

What are the nutritional characteristics of cream soups?

They are high in energy, protein, and fiber.

They are low in fat and protein, but high in carbohydrates.

They are high in fat and energy, and one serving is approximately 200 ml.

They have average nutritional value, and one serving is 500 ml

What characterizes migratory fish?

They live and reproduce in the sea.

They live in the sea but reproduce in fresh water.

They live and reproduce in fresh water.

They live in fresh water and reproduce in the sea.

Multiple choice

Which dish is made from simple kneaded dough?

- poppy seed noodles**
- éclair
- cottage cheese noodles**
- schmarren
- jam-pockets**

Which poultry meat is white-meat?

- chicken breast**
- duck wing
- turkey breast**
- pigeon
- rooster leg

Which thickening method is used on its own?

- parsley white roux**
- butter cubes rolled in flour
- liaison/whisking**
- ligering
- sprinkling**

Which pasta belongs to the cooked-baked pasta group?

- Plum dumplings
- Styrian noodles**
- Pomegranate cubes
- Bratislava cubes**
- Poppy seed noodles

What is the purpose of cutting?

- To shape the food into a characteristic form.**
- To make portioning more difficult.
- To shorten the heat transfer time.**
- To increase digestibility.**
- To reduce nutrient leaching.

What happens when a microwave oven is used?

- There is no loss of solubility.**
- Foods absorb electromagnetic waves and convert them into heat.**
- The raw material softens and heats up from the inside out.**
- A fine crust forms on the surface of the raw material.

What should be started to cook in boiling liquid?

- pork aspic
- dry pasta**
- smoked meat
- sausage**

What are the parts of a pork leg?

topside,
silverside
rib,
knuckle,
fricandeau
flank

What should be cooked in twice the amount of water?

white rice,
brown rice,
egg barley,
couscous,
semolina

Which egg dishes are not allowed in public catering?

Scrambled eggs with sausage
Poached eggs
Casino eggs
Soft-boiled eggs
Hard-boiled eggs

When providing all-day care in a secondary school dormitory, which rules should be taken into account when planning the menu?

85% of the daily energy and nutrient requirements must be provided every day.
Each of the three main meals must contain a source of animal protein.
At least one whole grain product must be provided every day.
Half a liter of milk or a liter orange juice must be provided every day.
Raw vegetables or fruit must be provided at least once a day.

What must be included on a public catering menu?

The energy and nutritional value per meal
The preparation time per dish
The allergens per meal
The allergens per dish
The cost per meal

Which of the following cannot be served as breakfast in nursery?

Lemon tea, butter, brioche, apricot jam
100% apple juice, cottage cheese with parsley, water roll, tomato
orange juice, meat pudding
small-flowered willow tea, semolina porridge, with red berries
cocoa, margarine, poultry sausage, white bread, green pepper

Where can salad dishes be found in a lunch menu?

First course
Second course, first dish
Second course, second dish
Second course, third dish
Third course

Which mixture can be used as a base for meat substitutes?

thick béchamel sauce

bread rolls soaked in milk and squeezed dry

bread rolls soaked in water and squeezed dry

minced meat mixture

mixed pasta mixture

True /False

Is the statement true or false?

The meal consists of dishes eaten one after the other. (false)

Is the statement true or false?

The basis for making poached eggs is an acidic environment and high temperature. (true)

Is the statement true or false?

To safely prepare liaison with sour cream, it must be preheated (to equalize the temperature). (true)

Is the statement true or false?

The boiling time for white roux is 30-35 minutes. (false)

Is the statement true or false?

Cooking in steam causes greater nutrient loss than cooking in water (false)

Relational analysis

Analyze the statements!

Colorful vegetables are rich in vitamins, minerals, and fiber. Therefore, they are important components of a modern, healthy diet.

True - True - No correlation

Analyze the statements!

Minced beef tenderloin is made from first-class beef, so we use sirloin and pork shoulder to make it.

False - True - No correlation

Analyze the statements!

It is more difficult to whip stale egg whites because the egg oil in the egg whites inhibits foam formation.

True – True – No correlation

Analyze the statements!

Chicken paprika is needed to make Hortobágy meat pancakes, so it can also be served as an appetizer.

True – True – No connection

Analyze the statements!

To thicken dry bean stew, we use 1.2 kg of flour per hundred people, as dry beans themselves contain quite a lot of starch.

True – True – There is a connection

NUTRITION SCIENCE

Single choice

Thiamine deficiency causes

- goiter
- blood clotting disorders
- beriberi**
- pellagra

In which organ is the active form of vitamin D3, 1,25-dihydroxycholecalciferol, produced?

- in the skin
- in the kidneys
- in the liver**
- in the skeletal system

Select the micronutrient for which the requirement is higher in women of reproductive age than in men.

- copper
- potassium
- iron**
- calcium

Iron absorption from the small intestine is enhanced by

- consumption of whole-grain cereal products
- vitamin C**
- high consumption of milk and dairy products
- high consumption of coffee and tea

Inadequate intake of which micronutrient increases the frequency of neural tube defects?

- calcium
- iron
- iodine
- folate**

Multiple choice

Select the true statements about Vitamin K.

- a smaller part comes from the diet**
- a larger part is synthesized by bacteria of the gut microbiota**
- plays an important role in blood clotting**
- has an important role in bone mineralization**

Calcium absorption is enhanced by

- vitamin D**
- oxalic acid
- lactic acid**
- phytic acid

Excessive intake of which vitamin (several times the recommended daily amount) increases the risk of kidney stones?

- vitamin A
- vitamin D**
- vitamin B1
- vitamin C**

Deficiency of which vitamin causes megaloblastic anemia?

- vitamin B12**
- vitamin E
- vitamin B9**
- vitamin C

Which vitamins play a key role in energy production?

- vitamin B1**
- vitamin B2**
- vitamin B3**
- vitamin B12

True/False

Is the statement true?

Low potassium intake increases the risk of hypertension and stroke. (True)

Is the statement true?

In healthy adults, about 80% of dietary calcium is absorbed. (False)

Is the statement true?

Selenoproteins have antioxidant effects. (True)

Is the statement true?

Copper deficiency rarely develops; it is usually the consequence of a gene mutation. (True)

Is the statement true?

Excessive fluoride intake has no known toxic effects. (False)

Is the statement true?

About 25% of heme iron is absorbed. (True)

Is the statement true?

Reducing sodium intake contributes to maintaining normal blood pressure. (True)

Is the statement true?

Vitamin C contributes to normal collagen formation and thereby to the maintenance of normal bones. (True)

Relationship analysis

Analyze the statements.

In energy balance, energy intake from the diet equals energy expenditure, and in a healthy body this is associated with a sustained normal body weight or only minor fluctuations in body weight.

True - True - There is a relationship.

Analyze the statements.

Hepcidin produced by the liver affects iron homeostasis because when its expression is increased it blocks the release of iron taken up into enterocytes into the bloodstream and inhibits recycling from macrophages.

True - True - There is a relationship.

FOOD AND BIOCHEMISTRY

Single choice

Which of the following statements about vitamin C is correct?

- heat stable
- reducing agent**
- oxidizing agent
- trivalent hydroxycarboxylic acid

Which of the following amino acids is not essential?

- methionine
- threonine
- cysteine**
- isoleucine

Which of the following classifications of compounds is correct?

- Oxalic acid is a monocarboxylic acid.
- Acetylene is an alkyne.**
- Phenol is an alkyl hydroxyl derivative.
- Phosphoric acid is a strong acid.
- Ethyl mercaptan is a disulfide.

Which of the following fatty acids is not essential?

- Alpha-linolenic acid
- Gamma-linolenic acid**
- Linoleic acid
- Oleic acid

Which of the following is not a carboxylic acid derivative?

- Amide
- Amin**
- Ester
- Anhydride

Multiple choice

The following sugars are reducing sugars:

galactose

mannose

sucrose

lactose

glucose

The following monosaccharides are aldoses:

glucose

galactose

fructose

glyceraldehyde

ribose

Select the correctly classified fatty acids!

Oleic acid is monounsaturated

Linoleic acid is double unsaturated omega-3 acid

Arachidonic acid is monounsaturated.

Butyric acid is a short-chain fatty acid.

EPA can be synthesized biochemically from alpha-linolenic acid.

Select the correct disaccharide components from the following:

Sucrose consists of one fructose and one glucose.

Lactose consists of one galactose and one glucose.

Milk sugar consists of one glucose and one fructose.

Sucrose consists of one glucose and one galactose.

Maltose consists of two glucose molecules.

True/false

Is the statement true?

Lycopene is the characteristic pigment in tomatoes. (true)

Is the statement true?

Palmitic acid is a saturated monocarboxylic acid with 16 carbon atoms. (true)

Is the statement true?

Reducing sugars contain an aldehyde group. (true)

Is the statement true?

Ketoses cannot be reducing sugars. (false)

Relation analysis

Analyze the statements below

The absorption of iron is inhibited by phytates because phytates easily form complexes with metals.

True - True - There is a correlation.

Analyze the statements below

Vitamin C has a reducing effect because it is a cyclic compound.

True - True - No correlation.

Analyze the statements below

Trans-retinol is the most effective form of vitamin A because it is a water-soluble form.

True - False - No correlation.

Analyze the statements below

Alpha-tocopherol can act as a reducing agent because it can be regenerated with ascorbic acid.

True - True - No correlation

Analyze the statements below

Fructose can also act as a reducing sugar because it is capable of tautomerization.

True - True - No correlation

FOOD SCIENCE

Single choice

Which of the listed grains is characterized by a significant amount of beta-glucan?

- corn
- oat**
- rice
- millet

Select the stimulating compound found in cocoa beans!

- Theobromine**
- Amygdalin
- Piperine
- Theophylline

Indicate which edible fat is characterized by the presence of short-chain fatty acids.

- Butter**
- Sunflower oil
- Olive oil
- Lard

Which of the following is a typical technological step in yogurt production?

- Churning
- Inoculation of milk with thermophilic lactic acid bacteria**
- Inoculation with starter culture
- Salting

Which of the following is a good source of omega-3 fatty acids?

- Fresh juicy fruits
- Baked goods
- Sea fish**
- Fermented milk products

Select the vitamin that is characteristic of cereal husks!

- Vitamin D
- Vitamin C
- Vitamin B1**
- Vitamin E

Select the limiting amino acid characteristic of cereal grains!

- Methionine
- Lysine**
- Threonine
- Phenylalanine

Select the characteristic components of sea fish!

- Short-chain fatty acids
- Flatulence factors
- Water-soluble dietary fiber
- polyunsaturated fatty acids (PUFA)**

Choose the mineral and medicinal waters that can be used to treat constipation!

Calcareous waters

Iodine waters

Iron-rich waters

Glauber's salt and bitter salt waters

Which vitamin is the main source of egg yolk?

Vitamin D

Vitamin E

Vitamin C

Vitamin K

Multiple choice

The composition of milk is characterized by

- being a significant source of calcium**
- its characteristic protein is casein**
- being a source of fat-soluble vitamins**
- the presence of short-chain fatty acids in milk fat**

The nutritional significance of vegetables is that

- they are a significant source of dietary fiber**
- they contain iron in a form that is easily absorbed
- they are generally low in fat**
- they are an important source of complete protein

Indicate the nutrients characteristic of cereal grains!

- Vitamin C
- Vitamin E**
- Starch**
- Unsaturated fatty acids**

Indicate which cereals can be consumed by people with celiac disease!

- Wheat
- Millet**
- Barley
- Rice**

Select the characteristic components of meat!

- Dietary fiber
- Fe**
- Vitamin C
- Myoglobin**

Select the characteristics of the composition of dry-shelled fruits!

- Their lipid content is higher than that of fresh juicy fruits**
- Their protein content is higher than that of fresh juicy fruits**
- Their vitamin E content is higher than that of fresh juicy fruits**
- Their seeds are significant sources of pectin

Select the antinutrients found in vegetables!

- trypsin inhibitor in soybeans**
- vitamin C in cabbage family vegetables
- phytic acid in soybeans**
- lycopene in tomatoes

Select the characteristic components of meat products!

- vitamin B12**
- sodium nitrite**
- water-soluble dietary fiber
- complete proteins**

Indicate which statements are true for fresh juicy fruits!

They are rich in antioxidants

They contain polyphenolic compounds

They contain many fat-soluble vitamins

Their characteristic dietary fiber is inulin, found in fruit pulp

Select which substances are found in egg white!

amygdalin

avidin

lecithin

lysozyme

True / False

Fine flours and coarse flours differ primarily in their bran content. (false)

Phytic acid is an antinutritional substance found in legumes and grains that cannot be broken down by heat treatment, only by fermentation. (true)

There is no significant difference in the nutritional composition of fresh juicy fruits and dry fruits with skins. (false)

The microorganism cultures used to make kefir and yogurt are not different from each other. (false)

The function of the cuticle layer covering the eggshell is to prevent bacteria from entering the egg. (true)

Relation analysis

Analyze the statements!

Lactic acid bacteria and yeast fungi are used in the production of kefir because both groups of microorganisms are thermophilic.

True – False – No correlation

Analyze the statements!

Plant-based fats are usually liquid because they contain a lot of unsaturated fatty acids.

True – True – There is a correlation

Analyze the statements!

A characteristic feature of gluten is its ability to absorb and bind water because starch gelatinizes when heated.

True - True - No correlation

Analyze the statements!

The vitamin B1 and mineral content of rice grains increases during milling because fine flour is richer in vitamins and minerals than wholemeal flour.

False - False - No correlation

Analyze the statements!

Meat products have a very high sodium content because they are typically made with added sodium nitrite and table salt.

True - True - There is a correlation

DIETETICS OF PEDIATRIC DISEASES

Simple choice

How often do endocrine or genetic diseases underlie childhood obesity?

Less than 5%

5-7%

7-10%

more than 10%

When do we use the AR-labelled formula milk?

If breast milk is not sufficient

In case of cow's milk protein allergy

In case of lactose intolerance

In case of reflux

How frequently does critically low calcium intake occur among children in Hungary?

42% of children aged 1-3 years, 32% of those aged 4-10 years, and 34% of those aged 11-18 years are affected.

In each age group, the average is around 20%.

25% of children aged 1-3 years, 30% of those aged 4-10 years, and 35% of those aged 11-18 years are affected.

What is the energy requirement in the case of a newborn?

50-60 kcal/BWkg/Day

60-70 kcal/BWkg/Day

70-80 kcal/BWkg/Day

110-135 kcal/BWkg/Day

What is the approximate stomach capacity of a one-day-old newborn?

Like a cherry

Like a nut

Like an apricot

Like a hen's egg

What is the best nourishment for a newborn?

Breast milk

Formula

Breast milk and formula

Cow's milk

What factors influence the composition of breast milk?

The composition of breast milk changes during a feeding session

varies throughout the lactation period

depends on the different geographical locations of the place of birth

All of these factors influence it

What type of feeding do we use in the case of insufficient breast milk between 0 and 6 months of age?

Exclusively breast milk supplement formula

We give diluted cow's milk alongside breast milk

In addition to breast milk, we provide a substitute formula

We use parenteral nutrition

Which ingredient is not contained in the formula used as a substitute for breast milk?

Vitamins and prebiotics

Prebiotics and probiotics

Immune substances

Proteins

How long does the WHO recommend exclusive breastfeeding for healthy, full-term infants in developed countries?

Until 3 months old

Until 1 year old

Until 6 months old

Depending on the child's birth weight, until the specified age

What characterizes the child's SMART PLATE?

Nutrient-based recommendation

Food-based recommendation

Hybrid recommendation, both food- and nutrient-based

Only for the under-3 age group

What is characteristic of the nutritional status of children in Hungary?

The proportion of overweight and obese individuals increases after the age of 3 years.

The proportion of overweight and obese individuals increases after the age of 10 years.

The proportion of overweight and obese individuals increases after the age of 15 years.

Overweight and obesity are inversely proportional to age.

Which formula is primarily indicated for feeding 'high-risk babies' with a heightened risk of developing allergies, when there is not enough breast milk? (based on the GINI study)?

Normal formula milk

Documented hypoallergenic, partially hydrolysed formula milk

Extensively hydrolysed formula milk

Amino acid-based formula milk

Select which environmental factor does not predispose to later allergic diseases!

Birth by Caesarean section

Lack of breastfeeding

Preterm birth

Gradual introduction of allergenic foods into the infant's diet before the age of 1 year

What is the prevalence of food allergies in childhood?

- 1 %
- 5 %**
- 25 %
- 40 %

Which statement is correct?

- Feeding via a feeding tube can be life-threatening in children with tumours.
- Oral nutritional supplements are unpalatable and expensive.
- Parenteral nutrition cannot be administered alongside chemotherapy.
- Malnutrition prolongs hospital stays, reduces the effectiveness of chemotherapy, and increases side effects.**

What diet is recommended for Cystic Fibrosis?

- Low-fat diet
- Lactose-free diet
- Gluten-free diet
- Rich in fat and protein, energy is 120-150% of the daily needs**

Which diet is recommended for therapy-resistant epilepsy?

- Low-fat diet
- Ketogenic diet**
- Lactose-free diet
- Gluten-free diet

How has the prevalence of childhood type 1 diabetes mellitus changed over the past 30 years?

- Doubled
- Did not change significantly
- Increased fivefold**
- Decreased by 20%

Which foods should be avoided during the so-called "six-food elimination diet" for eosinophilic esophagitis?

- peanuts, eggs, wheat (gluten), soy, nuts, fish-seafood**
- teas, eggs, wheat, soy, nuts, fish
- tea, eggs, gluten, nuts, stone fruits, fish
- peanuts, soy, nuts, celery, fish, eggs

What reduces calcium absorption?

- Lactose
- Casein
- Vitamin- C
- Oxalates**

What are the symptoms of lactose-maldigestion?

- Shortness of breath
- abdominal pain**
- Eczema
- Dizziness

What is safe to consume in the case of fructose malabsorption?

Honey

Fruits

Chocolate

Cow's milk

What kind of nutrition do we apply between 6 and 12 months of age in cases of insufficient breast milk?

In addition to breast milk, we give supplementary formula.

We give diluted cow's milk alongside breast milk.

In addition to breast milk, we give a substitute formula.

No need for formula supplementation since we have introduced solids into the diet.

How long does the WHO recommend breastfeeding for healthy, full-term infants in developed countries?

Until 3 months old

Until 2 years old

Until 4 months old

Depending on the child's nutritional status, also over 2 years old

Which formula is primarily indicated for infants with confirmed food allergies presenting with severe symptoms?

Normal formula milk

Documented hypoallergenic, partially hydrolysed formula milk

Extensively hydrolysed formula milk

Amino acid-based formula milk

What characterises the vegetable and fruit consumption of Hungarian children?

Meets the recommendations in all age groups

Shows a continuously increasing trend from 1 year old

Falls behind the recommendations after the age of 3

What are the contraindications for breastfeeding?

In the case of infant cow's milk protein allergy

A healthy infant of an HIV-infected mother cannot be breastfed, neither in developed countries nor in economically disadvantaged countries.

In the case of certain congenital metabolic disorders in infants (e.g., galactosaemia, phenylketonuria)

Breastfeeding is contraindicated in all cases.

What is the first-line induction treatment for a newly diagnosed child with Crohn's disease?

parenteral nutrition

low-FODMAP diet

exclusive enteral nutrition (EEN)

partial enteral nutrition

Which ingredient is not recommended for the introduction of peanuts?

Dissolved in water as a cream, in a quantity of 1-2 teaspoons.

Already tried mixed into fruit purée as a cream, in quantities of 1-2 teaspoons.

1-2 whole peanuts

Which is the ideal ingredient for introducing gluten?

1 small glass of wheatgrass juice

1-2 teaspoons of wheat flour, mixed into a known dish, then heat-treated

Eating a slice of bread with the family

Which is the incorrect statement regarding the introduction of peanuts and peanut allergy?
kapsolatban?

Peanuts in household dust can trigger the development of allergies when inhaled or absorbed through eczema-affected skin.

Introducing peanuts to healthy, asymptomatic infants before the age of one may increase the risk of developing a peanut allergy.

For infants who are particularly prone to peanut allergy, the risk of allergy should be assessed by an allergist, considering multiple factors, before introduction.

What is the optimal time to start complementary feeding?

from 3 months old

from 4 months old

after 1 year

from 6-7 months old

How long does the WHO recommend continuing breastfeeding after 6 months, that is, after exclusive breastfeeding?

Until 8 months old

Until 1 year old

Until 2 years old

As long as the child needs

When is the so-called 'Crohn Disease Exclusion Diet' (CDED) supplemented with enteral nutrition used as a treatment in a child newly diagnosed with Crohn's disease?

alongside steroid treatment

after biological therapy

When the patient is unable to continue exclusive enteral nutrition

partial enteral nutrition instead

In breast milk, which nutrient's concentration can decrease significantly if the mother follows a vegan diet?

protein

fats

vitamin-B₁₂

lactose

A vegan diet prioritises plant-based foods.

and it excludes the consumption of meat, fish, and eggs, but allows the consumption of dairy products

and excludes the consumption of meat and fish, but allows the consumption of honey at the same time, it also permits the occasional consumption of animal products

and also excludes the consumption of red meat, poultry, fish, eggs, dairy products, and honey

What is the aim of the 'paced bottle feeding" (PBF) method?

imitate the feeding rhythm during breastfeeding and support self-regulation

Limit the intake of food for overweight infants

ensure that the infant entirely consumes the prepared formula

Wean the infant off breastfeeding.

Which answer is correct regarding baby-led weaning (BLW) feeding?

The only correct and safe way to feed an infant

can result in insufficient iron intake if the diet is not consciously planned.

In the case of BLW, excessive maternal control and force-feeding are characteristic.

It is associated with more frequent choking and suffocation.

Multiple choice

In children with cerebral palsy, feeding difficulties are common. What are the symptoms that suggest this possibility in their case, and what other feeding options, such as tube feeding or PEG, might we consider?

Choking incidents occur during feeding.

If the feeding lasts less than 60 minutes

If the rate of weight gain slows down

It puts strain on the child or the parent during the feeding process

Which one is not subject to mandatory labelling of allergens in our country?

Nuts

Carrot

Suphid

Millet

Which organ systems are affected by Cystic Fibrosis?

Lungs

Liver

Pancreas

Brain

What is the role of the dietitian in the care of Cystic Fibrosis (CF)?

Evaluation of a 3-day nutritional diary

Recommendations for weight gain and appetite-stimulating techniques

Participation in CF Team meetings

Development of a CF diet during inpatient care

What therapy do cystic fibrosis patients receive?

Pancreatic enzyme replacement therapy

Inhalation therapy

Vitamin and salt supplementation

Bone marrow transplantation

In the case of very small and extremely low birth weight preterm infants, the risk of developing cerebral circulatory disturbances and thus brain damage is higher if they occur:

Perinatal hypoxia

Infection occurring around the time of birth

Need for intensive care

Rapid delivery

When is one of the listed conditions more likely to develop in children who have had a brain haemorrhage due to prematurity?

Hydrocephalus

Microcephaly

Ventriculoperitoneal shunt for the treatment of hydrocephalus

Viral meningitis

From when is it necessary for a person with phenylketonuria to follow a diet?

From newborn age

In adulthood

During pregnancy, so that the foetus does not show PKU symptoms

During pregnancy, no diet is necessary, as the foetus has the appropriate enzyme function

What are the characteristics of type 2 diabetes mellitus in adolescents?

The treatment is primarily based on lifestyle therapy.

The patient must immediately receive metformin.

Late complications are less common than if it had manifested in adulthood.

It is almost always associated with obesity.

What increases the risk of developing allergies?

Birth by Caesarean section

Preterm birth

Frequent consumption of peanuts by pregnant women during pregnancy.

Antibiotic pre-treatment that destroys the gut flora in infancy

What are the rules for introducing new foods in infancy?

It is enough for half a day to pass between the introduction of two new foods.

After introducing a new ingredient, it does not matter how often the baby receives the ingredient.

Start with a teaspoon amount, then gradually increase the quantity.

On average, it takes about 8 attempts (as many as 12–15) to introduce a new food.

What are the characteristics of prebiotics?

Absorbed in the small intestine

Indigestible food components

Do not ferment

In the large intestine, they selectively stimulate the growth of beneficial bacteria

What influences the composition of breast milk?

The gestational age of the newborn

The birth weight of the newborn

The mother's nutrition

The mother's age

Which dietary factors hinder iron absorption?

Phytates

Oxalates

Consumption of coffee, tea

Starch

Which statement is true among the following?

The composition of breast milk changes during a feeding session

The composition of breast milk varies throughout the lactation period

The place of birth's different geographical location influences the composition of breast milk

None of the statements are true

Choose the recommended time to introduce allergenic foods!

In exceptional cases, it is permitted from 4 months old

Recommended after 1 year of age

Can be started between 6 months old, but preferably introduced before 1 year old

According to the recommendation, from 8 months old

Select the statements from the latest 2017 international guidelines regarding primary prevention of peanut allergy!

In healthy infants, peanuts can also be introduced alongside other solid foods without significant risk (in the form of a spread) until the age of 1 year.

Regardless of allergy risk, peanuts should only be introduced into children's diets after they are over two years old; before that, it is not recommended, as it may increase the risk of developing allergies or cause anaphylaxis.

In infants at increased risk of peanut allergy (those with severe eczema and/or egg allergy), the timing of peanut introduction or its postponement should be decided by an experienced specialist in allergology after an assessment of the risk.

It is not necessary to address the introduction of peanuts in healthy infants.

Select the correct statements!

During pregnancy, the mother should preferably avoid dieting.

During breastfeeding, the mother should preferably avoid dieting.

Exclusive breastfeeding for at least 4 months can demonstrably reduce the risk of atopic dermatitis and food allergies that develop in infancy.

It is also advisable to introduce foods considered to be allergens into the infant's diet before the age of one year.

Thru/Fals

Is this statement true?

Introduction of allergens is recommended between 4-6 months and 1 year of age. (true)

Is this statement true?

An allergy-avoidant maternal diet is generally recommended during pregnancy and breastfeeding. (false)

Is this statement true?

Delayed introduction of dietary allergens into the baby's diet poses an increased risk in the development of allergies. (true)

Is this statement true?

Cesarean section poses an increased risk in terms of the development of allergies. (true)

Is this statement true?

There is a precisely defined order for introducing allergens. (false)

Is this statement true?

If complementary feeding begins, it is advisable to stop breastfeeding as soon as possible. (false)

Is this statement true?

There is no evidence that the late introduction of allergens — more than a year later — prevents allergies. (true)

Is this statement true?

If the baby wakes up frequently at night during the first months, it is necessary to consult a specialist about the precise introduction of allergens; until then, it is forbidden to start! (false)

Is this statement true?

The infant's fluid requirement: 120-180 ml/kg of body weight. (true)

Is this statement true?

Meat is the best source of iron: 40% of haem iron and 5% of non-haem iron are absorbed. (true)

Is this statement true?

When complementary feeding begins, the WHO recommends continuing breastfeeding until the age of 2. (true)

Is this statement true?

According to the ESPHGAN recommendation on sugar consumption, it is advised to reduce the intake of added sugars in infants, children, and adolescents to below 5% of daily energy intake. (true)

Relational analysis

Please analyze the statements.

Every meal for a diabetic child must contain the right amount of carbohydrate so that the continuous effect of insulin is counterbalanced by frequent carbohydrate intake.

True – True – There is a connection.

Please analyze the statements.

Caries is local damage to the enamel and dentin of the tooth as its development is influenced by genetic predisposition and environmental factors (the quality, composition, and texture of food, and oral hygiene).

True – True – No correlation

Please analyze the statements.

The consistency of food affects the condition of the teeth, as chewing cleans the teeth and increases saliva production.

True – True – There is a connection.

Please analyze the statements.

Foods that previously could be consumed without any problems can trigger allergic symptoms,
However, if the food protein is broken down into peptides in the digestive tract, the body no longer recognizes the origin of the foreign protein.

True – True – No correlation

Please analyze the statements.

In children, only allergens that must be labeled cause allergic symptoms, so foods that do not contain these allergens are safe to consume.

False – False – No correlation

Please analyze the statements.

When providing dietary care for children and adolescents with obesity, it is recommended to set personalized goals for food groups, portions, and nutrient ratios, because at these ages, the body is more sensitive to nutrient deficiencies, and healthy eating habits for adulthood are formed during this period.

True – True – There is a connection.

Please analyze the statements.

Non-caloric sweeteners are recommended for obese children and adolescents to promote rapid weight loss,
as their regular use can prevent T2DM.

False – False – No correlation

Please analyze the statements.

Junior drinks have a higher essential PUFA and LC-PUFA content than milk, because they are supplemented with vegetable oils and fish oil.

True – True – There is a connection.

CLINICAL NUTRITION AND NUTRITION THERAPY

Simple choice

What is the concept of Nutritional Therapy?

Feeding in a hospital that does not require medical supervision ensures the patient receives adequate energy, nutrients, and fluids.

Medical supervision-required nutritional therapy is an intervention in which the doctor ensures the patient receives adequate energy, nutrients, and fluids through the use of medicinally intended nutrients and nutritional support devices.

Medical supervision-required nutritional therapy is an intervention where the dietitian ensures the patient receives the appropriate energy, nutrients, and fluid intake.

Diet therapy in a hospital requires medical supervision, during which the patient's diet is modified.

What are the three strategies of nutritional therapy?

ONS, enteral and parenteral nutrition

Partial, total enteral nutrition, tube feeding

Hospital diet, diet therapy, ONS

Exclusive, partial, and hospital diet

Which is the malnutrition screening method used in childhood?

MUST

STRONGkids

NRS-2002

MNA

When should clinical nutrition be started in cases of severe acute necrotising pancreatitis?

If the patient is unable to feed orally for 14 days, enteral/jejunal feeding should be initiated.

Early enteral feeding (within 48 hours) improves the course of the illness.

For such patients, their nutritional needs must always be provided parenterally.

If the patient's pathological nutritional status can be diagnosed.

In which cases is percutaneous endoscopic gastrostomy (PEG) not recommended?

In cases of facial-neck tumours, before and after surgery

For oesophageal diseases and tumours that cannot be treated by other means

In neurological conditions

In cases of gastric cancer

After a stroke, when dysphagia is most common, what consistency of food causes swallowing problems?

liquid consistency

mashed

solid

pudding-like consistency

For what duration of tube feeding is it necessary to consider PEG placement?

more than 3 days

more than 3 weeks

more than 3 months

more than 12 months

What nutrients does the 'Protifar' formula contain?

Whey protein and whey isolate

Maltodextrin

Omega-3 fatty acids

MCT fats

How much fluid should be provided in the case of exclusive enteral nutrition?

2 ml water per 1 kcal

5 ml water per 1 kcal

1 ml water per 10 kcal

1 ml water per 1 kcal

Multiple choice

Mark the fluids suitable for flushing the feeding tube!

- drinking water**
- mildly carbonated mineral water**
- baby water**
- filtered apple juice

What is the purpose of nutritional therapy during inpatient care?

- Minimise energy and protein loss.**
- Maintain tissue functions (liver, immune system, skeletal muscle).**
- Ensure nutrients necessary for regeneration and wound healing.**
- Provide meals that suit the patient's taste.

Generally, how much formula intake do we recommend per day to achieve effective nutritional therapy?

- In the case of supplementary feeding, we recommend providing approximately one-third of the daily energy requirement with formula (alongside a normal diet, this corresponds to about 600 kcal of formula consumption).**
- Supplementary feeding 200 kcal, exclusive feeding 1500 kcal
- In the case of exclusive feeding, we recommend providing 100% of the daily energy requirement with formula (we suggest a formula intake of approximately 1800 kcal).**
- In the case of exclusive feeding, we always provide 2500 kcal.

When can the nutritional therapy for a polytrauma patient in shock begin?

- Preferably via the enteral route, if the gastrointestinal system is functioning**
- Immediately if malnourished
- After trauma care, if the general condition is stable**
- After shock management, but in an unstable condition

Which statement is correct when following the ESPEN guidelines in cases of severe acute necrotising pancreatitis?

- The administration of parenteral glutamine should be considered.**
- Carbohydrates are the primary energy source.**
- Enteral nutrition is primarily indicated.**
- Lipids should be avoided due to the risk of hypertriglyceridaemia.

Which are the correct statements regarding the application of percutaneous endoscopic gastrostomy (PEG)?

- Necessity and possibility of a minimum 30-day feeding period are recommended.**
- In cases of reflux oesophagitis risk, continuous feeding is advised.**
- Feeding is recommended until the primary condition has healed sufficiently to allow oral intake.**
- Bolus feeding is not recommended for PEG.

Which statement is true in the case of intestinal fistulas developing in IBD?

With clinical nutrition, we not only replace the water lost through the fistula but can also provide electrolytes and a significant amount of protein, thereby saving the patient's life and potentially leading to fistula closure in 40-50 % of cases.

Closing fistulas always requires immediate surgical intervention; nutritional therapy can only be started afterwards.

In cases of oesophageal, gastric, or duodenal fistulas, enteral feeding may promote the closure of the fistulas.

In cases of bacterial infection, abscess formation, or bowel obstruction, TPN can promote the closure of fistulas and avoid surgery.

What does partial parenteral nutrition (PPN) mean?

We provide only a part of the energy and nutrient requirements parenterally.

In PPN, only 6% or 10% amino acid solutions can be administered.

It supplements enteral or oral nutrition.

An 'all-in-one' solution cannot be reliably chosen.

Which statements are factual about nutritional therapy in childhood?

Reduces the development of complications of the primary disease

Improves quality of life

Cost-effective when applied in a timely and efficient manner

The most affordable and best tolerated method of nutrition

What are the guidelines for clinical nutrition for patients with severe burns?

Enteral nutrition is recommended in cases of preserved bowel function.

An oral diet rich in energy and protein is provided.

Supplementary parenteral nutrition is advised if the energy and protein requirements cannot be met enterally.

Parenteral nutrition alone is recommended.

Which statements are true according to the ESPEN guidelines regarding parenteral nutrition in the intensive care unit?

The administration of mixed (LCT/MCT) fats is safe

The administration of omega-3 fatty acids (EPA, DHA) has beneficial effects on inflammatory processes.

Every parenteral solution must contain the daily vitamin and trace element dose.

The administration of lipid emulsions is unnecessary.

What measurements are necessary to establish a diagnosis of sarcopenia?

Measurements of muscle mass

Measurements of fat-free mass

Muscle strength measurement

Muscle function measurement

What are the questions of the GLIM criteria system?

Actually BMI

FFMI

Change in nutrient intake

Waist-hip ratio

True/Fals

Is the statement true?

Nutritional therapy for a polytrauma shock patient can be initiated after trauma care, provided their general condition is stable. (true)

Is the statement true?

There is 'nil per os' in respiratory failure. (false)

Is the statement true?

After a stroke, when dysphagia is present, only swallowing solid food causes problems. (false)

Relational analysis

Please analyze the statements.

In children suffering from chronic illnesses, it is imperative to start nutritional therapy promptly,
because malnutrition experienced in early childhood can have detectable complications later in life.

True – True – There is a connection

Please analyze the statements.

Methods suitable for screening malnutrition risk can only be the internationally validated screening tests,
because these have been designed for specific patient groups and validated using anthropometric measurements.

True – True – There is a connection

Please analyze the statements.

In old age, instead of screening for malnutrition risk, it is sufficient to perform screening for sarcopenia,
because one replaces the other.

False – false - No correlation