

ملخص الوحدة الحادية عشرة Nutrition Clinical التغذية السريرية



تم تحميل هذا الملف من موقع المناهج الإماراتية

موقع المناهج ← المناهج الإماراتية ← الصف الثاني عشر العام ← علوم صحية ← الفصل الثالث ← ملفات متنوعة ← الملف

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ملفات اكتب للمعلم اكتب للطالب الاختبارات الكترونية الاختبارات ا حلول ا عروض بوربوينت ا أوراق عمل
منهج انجليزي ا ملخصات وتقارير ا مذكرات وبنوك ا الامتحان النهائي للمدرس

المزيد من مادة
علوم صحية:

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التواصل الاجتماعي بحسب الصف الثاني عشر العام



صفحة المناهج
الإماراتية على
فيسبوك

الرياضيات

اللغة الانجليزية

اللغة العربية

التربية الاسلامية

المواد على تلغرام

المزيد من الملفات بحسب الصف الثاني عشر العام والمادة علوم صحية في الفصل الثالث

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Unit 11 – Clinical Nutrition

Definitions

Hormone: a substance produced in the body.

Modification: the process of changing parts of something.

Texture: a the way that a food or drink feels in your mouth.

Deficient: not having enough of something that is important or necessary.

Glucose: a simple sugar found in food and can be produced by the body after breaking down certain foods that you eat.

Hyperglycemia: too much glucose in the blood.

- ❖ Your body needs nutrients in order to survive. The amount of nutrients you need depend on many factors including your age, body size, activity level and medical conditions.
- ❖ When people have conditions such as heart disease and diabetes, they will need some nutrients in larger quantities than others. They may also need to reduce their intakes of other nutrients e.g. people with diabetes are advised to reduce their intake of sugar and fat.

Therapeutic diets

The word therapeutic relates to the healing of disease. The word diet relates to the foods and drinks that you regularly eat. Therefore, a therapeutic diet refers to the use of diet or certain foods to treat and manage diseases

- ❖ A therapeutic diet is a special diet plan which is given by a healthcare professional. It controls the intake of certain foods or nutrients based on:
 - the nutritional needs
 - health status of a patient.
- ❖ Therapeutic diets can be altered for nutrients, texture, food allergies or food intolerances.
- ❖ It is very important for people who have an illness or disease to have a healthy diet. A therapeutic diet can benefit individuals with health conditions such as: Cardiovascular disease, Obesity, Diabetes, Food allergies, Digestive diseases, Eating disorders.
- ❖ Therapeutic diets can play a very important role in the management of a disease. They can reduce the amount of medication that is needed, increase quality of life and even increase life expectancy. In some cases, a therapeutic diet can cure some conditions.

1) Which of the following is a an appropriate lifestyle change in a hypertension patient?

- Avoid exercise
- Smoke only 2 cigarette packets per day
- Changing the diet may decrease the blood pressure
- Increase body weight

2) Which of the following is a correct definition of Therapeutic diets?

- A special diet plan which is given by mother
- The use of medication to treat and manage diseases
- Foods and drinks that you regularly eat
- A diet for people who have an illness or disease

❖ Reasons of giving a therapeutic diet include:

- increase, decrease or eliminate a type of food or nutrient, such as dairy or salt.
- To maintain or correct nutritional status.
- To provide extra calories for weight gain.
- To balance the diet.
- To cut out certain foods that affect medication.
- To help with digestion.
- To remove foods due to allergies or intolerances.
- To provide changes in texture due to problems with chewing or swallowing.

❖ Therapeutic diets can be classified depending on the change that is happening to the diet.

1. Nutrient modifications: Nutrient modifications are normally used to help fight diseases such as osteoporosis, hypertension or diabetes. Adding or removing nutrients can reduce the effects of a disease.

Common nutrient modified diets include: Low sugar diet, Low sodium (salt) diet, Low-fat diet, High fiber diet, Renal diet (low sodium, potassium and phosphorous)

2. Texture Modification: The medical term used to describe when people have problems with swallowing food is dysphagia. The texture and consistency of food can be modified to make eating easier for these people.

There are three main levels of texture modification of foods:

- Soft – when food is cooked or cut so it can be easily chewed with minimal effort.
- Minced and moist – food is soft, easily mashed with a fork; any lumps that are present are smooth.
- Puree diet – food is smooth, moist and lump-free; Sometimes pureed food is grainy.

3. Tube feeding: People may need tube feeding because they cannot get enough nutrients on their own. This could be because they have problems with their mouths or have difficulty swallowing food. The nutrients they receive are similar to normal food and their bodies digest them in the same way. In some cases, tubes are inserted through the nose or mouth and go down the oesophagus into the stomach. In other cases, the tubes are inserted directly into the stomach.

4. Food allergy/intolerance modification

5. Additional feeding

3) Renal diet is an example of which type of therapeutic diets?

- a) Nutrient modification
- b) Texture modification
- c) Tube feeding
- d) Addition feeding

4) Which of the following is False about Puree diet?

- a) Smooth
- b) Lump
- c) Grainy
- d) Moist

Overweight and Obesity

- ❖ Energy balance is the balance of calories that are consumed through eating and drinking compared to calories burned throughout the day.

$$\text{Energy balance} = \text{energy input} - \text{energy output}$$

- ❖ Energy input = the calories that come from foods and drinks that have been consumed.
- ❖ Energy output is made up of three different things:

1. Basal metabolic rate (BMR) – most of your energy is used up doing basic functions such as breathing and blood circulation. Even when you are sleeping your body is burning calories. The rate at which your body burns calories when it is at total rest is called your BMR. This is the number calories that your body needs to simply survive.
2. Physical activity – anything that raises your heart rate above resting is counted as physical activity. Daily activities are even classed as physical activity, such as walking upstairs.
3. Thermal effect of food – the energy that is used to chew, digest and store food. This uses the least amount of energy.

- ❖ More energy input (food intake) = positive energy balance = weight gain over time
- ❖ More energy expenditure (or less calorie intake) = negative energy balance = weight loss

5) Which of the following is False about overweight and obesity?

- a) Person who is overweight or obese has higher risk of developing other diseases such as diabetes, heart disease and cancer.
- b) A person with a BMI above 30 is classed as obese.
- c) A person who has a BMI between 25-29.9 is classed as overweight
- d) Someone who wants to lose weight should rapidly reduce the number of calories he consume.

❖ Diet for overweight:

- Eat a variety of foods each day.
- Try to eat enough fruit and vegetables every day.
- Choose food high in protein, lean meat, fish, eggs and legumes.
- Make sure that the diet has enough cereals and their products.
- Make sure that the diet contains enough calcium. Good sources include milk and dairy products.
- Reduce intake of foods that are high in saturated fat.
- Reduce the intake of food and drinks that have high sugar content.
- Cut down on processed foods.
- Reduce the intake of sodium and foods that are high in salt.
- Eat foods high in fibre; this will help with digestion and keep you feeling full for longer.
- Consume enough water every day.

6) Which of the following is NOT helpful for weight loss

- a) Consuming enough water everyday
- b) Try to eat processed food everyday
- c) Reduce the intake of high sugar drinks
- d) Reduce the intake of saturated fat

Diabetes

Diabetes mellitus is a chronic condition where the body's ability to respond to or produce a hormone called insulin is not working as it should. This leads to too much glucose in the blood.

❖ Insulin is a hormone produced by the pancreas to control the amount of glucose in the blood. It helps the cells in the body to take in the glucose from the blood and use it up as energy.

❖ There are 3 common types of diabetes:

1. **Type 1 diabetes:** the body cannot produce enough insulin. This happens because the body's immune system destroys the cells in the pancreas that produce insulin.

- If person with diabetes 1 doesn't take insulin >> glucose will not enter cells >> glucose will accumulate in the blood (hyperglycemia). So, patient with diabetes 1 should take insulin.

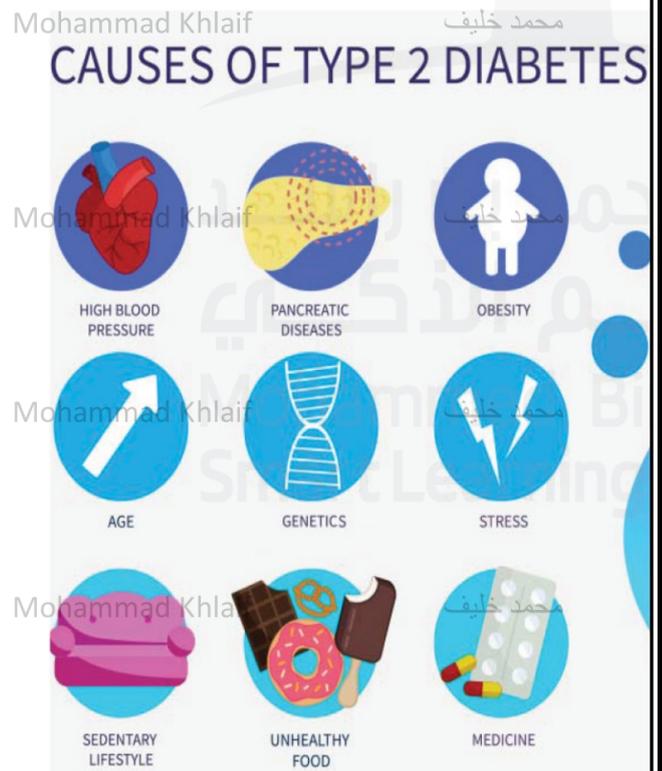
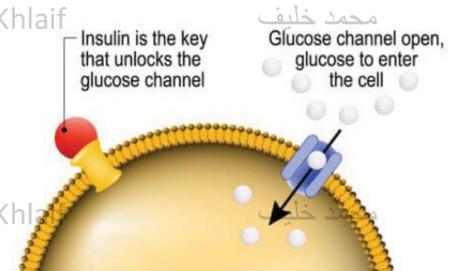
- Type 1 diabetes is commonly diagnosed at a young age. It cannot be prevented and it is not caused by lifestyle factors eg: diet, exercise etc ...

- Risk factors of diabetes type 1: Family history of type 1 diabetes, Exposure to certain viruses, Diseases or problems with the pancreas.

2. **Type 2 diabetes:** the body cannot produce enough insulin, or it cannot properly use the insulin that it produces (insulin resistance).

- Type 2 diabetes is more common than type 1 diabetes.
- Can be associated with genetics, it is mainly caused by lifestyle factors such as: being overweight or obese, eating an unhealthy diet, not doing enough physical activity:
- Commonly diagnosed in adulthood, but more recently this type of diabetes has also been seen in children because of the rising cases of obesity and poor diet.
- Can be prevented by: Maintain a healthy weight, Eat a balanced diet, Exercise regularly, Don't smoke.

- It is estimated that one in two adults who have type 2 diabetes are not diagnosed. May not get diagnosed until complications appear.



- The signs and symptoms of type 2 diabetes are similar to those for type 1. However, a person generally experiences these symptoms in a much less dramatic way than someone with type 1 diabetes.

- People with type 2 diabetes may not show any symptoms.

7) Which of the following is False about Diabetes?

- a) Type 2 risk is affected by unhealthy diet
- b) Hypertension and obesity are risk factors for type 2
- c) Insulin resistance is seen in type 1
- d) Type 1 is more common in young people

3. **Gestational diabetes:** this develops during pregnancy. the pancreas is not able to produce enough insulin to meet the extra demands during pregnancy >> hyperglycemia.

- Gestational diabetes normally goes away after the baby is born. However, it puts the mother at a higher risk of developing type 2 diabetes in the following three to six years after giving birth.

- Women who experience gestational diabetes are also likely to experience it again with future pregnancies.

- The chances of complications during pregnancy and delivery are higher for a woman who has gestational diabetes. However, these risks can be reduced if it is detected and controlled from an early stage.

- The risk factors for developing gestational diabetes are similar to type 1 and type 2: Being overweight or obese, Not doing enough physical activity, Previous gestational diabetes, Family history of diabetes.

- Symptoms of gestational diabetes are rarely experienced. Sometimes the symptoms of gestational diabetes can be confused with regular pregnancy symptoms.

- Pregnant women are usually screened for gestational diabetes between weeks 24-28 of pregnancy, But testing may be done earlier than this if the doctor believes the pregnant mother is high-risk.

❖ If diabetes is not diagnosed or treated, complications can occur such as retinopathy or the formation of an ulcer in a lower limb.

8) The type of diabetes that develops during pregnancy is called?

- a) Gestational diabetes
- b) Type 2 diabetes
- c) Type 1 diabetes
- d) Type 3 diabetes

9) Which of the following is not a symptom or a sign of diabetes ?

- a) Excessive thirst
- b) Frequent urination
- c) Constant hunger
- d) Weight gain