

Sample DSR MCQ Questions

Sample – Stand-alone MCQs

1. Which food in the following breakfast has the highest glycaemic index?

- Rice Bubbles with milk and sugar
- Wholegrain toast

- A. Rice Bubbles
- B. milk
- C. sugar
- D. wholegrain toast

2. A one-week cyclical menu is the most appropriate choice for

- A. an acute care paediatric hospital
- B. a community based child care service
- C. a residential aged care facility
- D. a small rural hospital

3. It is identified that there is a high prevalence of obesity in adolescent girls in a rural town. There are a number of potential interventions the local dietitian could undertake.

Which of the following interventions will be most effective for this target group?

- A. an information package to be distributed by school nurse
- B. a nutrition program aired on the local radio station
- C. an after-school education program for teenage girls
- D. a peer mentoring program between the teenage girls

Sample - Case-based MCQs

Questions 4 to 6 relate to the following scenario

A 45-year-old overweight man is newly diagnosed with Type 2 diabetes and reports the following diet history in the outpatient clinic:

Breakfast:

- 3 whole wheat breakfast cereal biscuits with 250 mL full cream milk
- 2 slices white toast with butter and vegemite

Morning Tea:

- 4 plain biscuits

Lunch:

- ham and cheese sandwiches – 4 slices wholegrain bread, 60g cheese, 60g ham 40g butter and 1 cup salad
- 4 plain biscuits

Afternoon Tea:

- 1 apple or banana
- 375 mL beer

Evening meal:

- beef or chicken stir fry and rice
- 150g lean meat plus onion, capsicum, broccoli, carrots, corn (1 cup in total for all vegetables) and 30g butter to cook
- 2 cups cooked basmati rice
- 1 glass (150mL) red wine
- 200g strawberry full fat yoghurt or 3 scoops vanilla ice-cream

4. According to general guides for healthy eating, which of the following food groups needs to be increased to meet the minimum serves for good health?

- A. fruit and vegetables
- B. meat and meat alternatives
- C. dairy foods
- D. breads and cereals

5. Other than reducing overall energy intake, the main priority for nutrition intervention would be to

- A. reduce saturated fat intake
- B. increase dietary fibre intake
- C. reduce alcohol intake
- D. increase low glycaemic index choices

6. After initial dietary education, follow-up with this patient would typically occur

- A. within 7-10 days
- B. one month later
- C. with their doctor
- D. if blood glucose levels become elevated

Sample - Extended matching questions

For each of the clients listed below (Questions 7-10) choose from the list of options (A-I) the main nutrient of concern.

Note that an option may be the correct answer to more than one question.

Nutrient choices:

- A. Calcium
- B. Iron
- C. Zinc
- D. Carbohydrate
- E. Fat
- F. Folate
- G. Vitamin B12
- H. Vitamin A
- I. Vitamin D

7. a 2-year-old girl diagnosed with lactose intolerance

8. a 4-year-old boy following a vegan diet

9. a 13-year old girl with excessive menstrual bleeding

10. a 25-year old woman trying to conceive

Answers

1. A
2. A
3. C
4. A
5. A
6. B
7. A
8. G
9. B
10. F