

<b>ASSESSMENT OF NUTRITIONAL STATUS PRACTICAL ACTIVITY- PART 1</b>	
<i>Student Name</i>	
<i>Assessment data</i>	

<b>ANTRHOPOMETRIC ASSESSMENT</b>	
<b>Recommendations:</b> Following the recommendations on how to perform the anthropometric assessment, find a voluntary “patient”, perform, and fill in the data below	
<i>Sex</i>	
<i>Age</i>	
<i>Height</i>	
<i>Actual weight</i>	
<i>Weight 3 months before</i>	
<i>Waist circumference</i>	
<i>Hip circumference</i>	

<b>BIOCHEMICAL ASSESSMENT</b>	
<b>Recommendations:</b> Ask the evaluated patient if it has access to the latest clinical analysis. Note the results and the reference value. Add additional parameters outside of the reference ranges	
<i>Total Cholesterol</i>	
<i>Cholesterol HDL</i>	
<i>Cholesterol LDL</i>	
<i>Triglycerides</i>	
<i>Glucose level</i>	
<i>Others</i>	

<b>CLINICAL ASSESSMENT</b>	
<b>Recommendations:</b> Gather information about the proposed questions and extra information that you think is important	
<i>Familiar history</i>	
<i>Diseases</i>	
<i>Medicines</i>	
<i>Physical activity</i>	
<i>Smoking habits</i>	
<i>Sleep habits</i>	
<i>Gastrointestinal function</i>	
<i>Others</i>	



