

ASSESSMENT OF NUTRITIONAL STATUS PRACTICAL ACTIVITY- PART 2	
<i>Student Name</i>	
<i>Assessment data</i>	

ANTRHOPOMETRIC ASSESSMENT	
Recommendations: After data collection (Practical activity -part 1), calculate and evaluated the results.	
<i>Actual BMI</i>	
<i>BMI Classification</i>	
<i>Ideal BMI</i>	
<i>Waist circumference classification</i>	
<i>Waist-to-Hip Ratio</i>	
<i>Waist-to-Hip Ratio classification</i>	


BIOCHEMICAL ASSESSMENT	
Recommendations: Evaluate these results, if they are within the reference values and if above or below what is the meaning.	
<i>Total Cholesterol</i>	
<i>Cholesterol HDL</i>	
<i>Cholesterol LDL</i>	
<i>Triglycerides</i>	
<i>Glucose level</i>	
<i>Others</i>	

CLINICAL ASSESSMENT	
Recommendations: From the clinical information collected, which ones are not within the expected range and what is the associated problem.	



DIETARY ASSESSMENT

Recommendations: 1. Complete the second column with the food recommendations for the number of servings for each food group (see external material – Food-Based dietary Guidelines).
 2. Evaluate the 24-hour recall by counting and recording the number of servings eaten for each food group.
 3. Compare the portions consumed with the parent's recommended daily portion, appropriate for the age and category of the participant.

<i>Food Groups</i>	<i>Amount recommendation based on National Guidelines</i>	<i>Portions consumed</i>	<i>Did your patient reach your target?</i>
 <p>Fruits</p>			
 <p>Vegetables</p>			
 <p>Grains</p>			
 <p>Legumes</p>			
 <p>Protein</p>			
 <p>Dairy</p>			
 <p>Oil</p>			
 <p>Limit</p>			