



MACHAKOS UNIVERSITY

University Examinations 2019/2020 Academic year

SCHOOL OF HEALTH SCIENCES

DEPARTMENT OF PUBLIC AND COMMUNITY HEALTH

FIRST YEAR SECOND SEMESTER EXAMINATION FOR

BACHELOR OF SCIENCE IN PUBLIC HEALTH.

HPH 106: NUTRITION AND HEALTH

DATE: 15/12/2020

TIME: 8:30 – 10:30 AM

INSTRUCTIONS

This paper consists of two sections A and B

SECTION A

Specific Instructions

- This section has one question
- The question is **COMPULSORY**
- The question is **30 Marks**

QUESTION ONE (30 MARKS)

- a) Define the following terms (3 marks)
- Nutrition
 - Recommended Dietary Allowance (RDA)
 - Nutrition need assessment
- b) Highlight the advantages of biochemical methods in nutrition assessment (3 marks)
- c) Outline ways of preserving nutrient value of food during cooking (3 marks)
- d) Explain strategies applied to achieve “Variety” and ensure healthy eating (3 marks)
- e) Explain the underlying causes of malnutrition, according to UNICEF (1997) (3 marks)
- f) Highlight signs and symptoms of iodine deficiency (3 marks)
- g) Describe a food diary in dietary assessment (3 marks)

- h) Explain the influence of Kenyan government on food intakes and food nutrient value (3 marks)
- i) Identify three (3) nutrients that need increased intakes during pregnancy (3 marks)

SECTION B:

Specific Instructions

- This section has four (4) question
- Answer any two (2) questions
- Each question is 20 Marks

QUESTION TWO (20 MARKS)

- a) Discuss challenges facing Kenyans on food choices and consumption patterns (10 marks)
- b) Describe the characteristics of starchy foods (10 marks)

QUESTION THREE (20 MARKS)

You are the acting Nutritionist at Mwala level 4 Hospital, Machakos County.

- a) Explain different stages of oedema you are likely to encounter during nutritional assessments (8 marks)
- b) Advise mothers in the maternal and child welfare clinic on functions and food sources of vitamin A (12 marks)

QUESTION FOUR (20 MARKS)

- a) Explain how different food processing techniques influence loss of nutrients (10 marks)
- b) Discuss obstacles to the implementation of nutrition programmes in Kenya (10 marks)

QUESTION FIVE (20 MARKS)

- a) Explain the challenges in the provision of adequate nutrition for the elderly (10 marks)

b) Describe the procedure of identifying a priority nutrition problem in a community

(10 marks)