



# **MACHAKOS UNIVERSITY**

**University Examinations for 2020/2021 Academic Year**

**SCHOOL OF HEALTH SCIENCES**

**DEPARTMENT OF PUBLIC AND COMMUNITY HEALTH**

**FIRST YEAR SECOND SEMESTER EXAMINATION FOR**

**BACHELOR OF SCIENCE (PUBLIC HEALTH)**

**HPH 106: NUTRITION AND HEALTH**

**DATE: 17/6/2021**

**TIME: 8:30 – 10:30 AM**

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## **INSTRUCTIONS:**

This paper consists of two sections A and B

### **SECTION A**

#### **Specific Instructions**

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

#### **QUESTION ONE (30 MARKS)**

- Explain why whole grains are more nutritious than refined grains (3 marks)
- Outline the negative nutritional concerns of consuming table sugar (3 marks)
- Explain different values nutritionists can use to estimate nutrient requirements for various groups of people (3 marks)
- Highlight challenges of complementary feeding for first time mothers (3 marks)
- Identify nutritional consequences associated with adolescent pregnancy (3 marks)
- Highlight the main recordings recommended for a client in a 24-hour diet recall.(3 marks)
- Identify household strategies to curb vitamin A deficiency in children under 5 years. (3 marks)
- Outline obstacles when setting up nutrition programmes in your community (3 marks)

- i) List body sites to pay special attention in a clinical Nutritional assessment. (3 marks)  
j) Explain the effects of nutritional deficiencies 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) After a pregnancy test, Grace was confirmed to be 7 weeks pregnant. If Graces 's BMI was 17kg/m<sup>2</sup> before conception;
- what is the appropriate amount of weight she should gain during the remainder of the pregnancy? (2 marks)
  - prescribe strategies Grace should put in place to gain weight during the remainder of the pregnancy (8 marks)
- b) Discuss nutrition transformations caused by urbanization in Kenya today (10 marks)

### **QUESTION THREE (20 MARKS)**

- a) You have been assigned to carry out a nutritional assessment for a 50-year-old gentleman. Explain the various biochemical tests your will consider and the rationale (10 marks)
- b) During your community work you have identified high consumption of sausages among schoolchildren, what is your advice to this practice (10 marks)

### **QUESTION FOUR (20 MARKS)**

- a) One of the most common Breastfeeding Practices on Maternity Wards, which is endorsed by U.N.I.C.E.F is "Exclusive breast feeding". Explain the strategies mothers use to achieve this practice (10 marks)
- b) Discuss challenges facing Kenyans on food choices and consumption patterns (10 marks)

### **QUESTION FIVE (20 MARKS)**

- a) Discuss the challenges in provision of adequate nutrition for the elderly (10 marks)
- b) Describe the procedure of identifying a priority nutrition problem in a community (10 marks)