



THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

A. M. E. C. E. A

REGINA PACIS INSTITUTE OF HEALTH SCIENCES

MAIN EXAMINATION

JANUARY – APRIL 2018 TRIMESTER

FACULTY OF SCIENCES

DEPARTMENT OF NURSING

REGULAR PROGRAMME

NUR / UNUR 204: NUTRITION AND HEALTH

CHD 221: COMMUNITY NUTRITION

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Date: APRIL 2018

Duration: 3 Hours

INSTRUCTIONS: Answer ALL Questions

PART I

MULTIPLE CHOICE QUESTIONS (MCQ) (20 MARKS)

- Q1. Diabetic people need to
- a) increase water intake
 - b) reduce water intake
 - c) eliminate any physical activity
 - d) enhance any physical activity
- Q2. Rich sources of Vitamin B are
- a) Liver
 - b) fresh liver oils
 - c) green leafy vegetables
 - d) egg yolk
- Q3. Lack of vitamin B may result in
- a) poor eye sight
 - b) dull skin
 - c) tooth decay

- d) poor cellular respiration
- Q4. Concerning basal metabolic rate (BMR)
- a) its indirectly related to body surface area
 - b) its directly proportional to age
 - c) is increased in warm climate
 - d) males have a higher BMR than age matched with females
- Q5. In Tuberculosis management, peripheral neurothathy is managed with:
- a) Vit B3
 - b) Vit B12
 - c) Vit B6
 - d) Vit A
- Q6. Wasting in children is defined as:
- a) Height-for-age that is more than 2 Z-scores below the reference
 - b) Weight-for-age that is more than 2 Z-scores below the reference
 - c) Weight-for-height that is more than 2 Z-scores below the reference
 - d) None of the above
- Q7. A lady 72kg and 160cm tall is:
- a) Normal weight
 - b) over weight
 - c) severe obese
 - d) obese
- Q8. Central obesity in women is hip waist ratio of:
- a) 0.7
 - b) 0.8
 - c) 0.9
 - d) 1.0
- Q9. Which one of the following methods is a prospective method of dietary assessment?
- a) Weight food record
 - b) 24 hour dietary recall
 - c) Dietary history
 - d) All of the above
- Q10. Which one of the following statements is correct?
- a) Food frequency questionnaires measure actual intake, not usual intake
 - b) Food frequency questionnaires do not require validation
 - c) Food frequency questionnaires measure dietary intake retrospectively
 - d) Food frequency questionnaires measure dietary intake prospectively.

- Q11. Deficiency of which nutrient is associated with increased risk of infection in children, growth failure throughout childhood and delayed sexual maturity?
- Calcium
 - Riboflavin
 - Zinc
 - Iodine
- Q12. The tolerable upper intake level (UL) is the largest daily nutrient intake shown to harbour no adverse side effects to:
- Half the individuals in a particular age or gender group
 - A large majority of individuals in a particular age or gender group
 - Everyone in a particular age or gender group
 - The average of individuals in a particular group or gender
- Q13. For normal brain development, an appropriate ratio of which of the following is particularly important?
- Sodium and potassium
 - Calcium and phosphate
 - Fatty acids
 - Amino acids
- Q14. Nutritional deficiency secondary to excessive alcohol intake
- Thiamine deficiency
 - Vitamin B12 deficiency
 - Protein deficiency
 - Calcium deficiency
- Q15. The extra energy cost of pregnancy (about 77,000 kcal over the course of pregnancy) is met by:
- Increased efficiency of energy utilisation
 - Reduced physical activity
 - Increased food intake
 - All of the above
- Q16. All females who could become pregnant are recommended to take:
- 400 µg folic acid daily from the time pregnancy is confirmed until delivery
 - 400 µg folic acid daily from at least 3 months before conception until week 12 of pregnancy
 - 400 µg folic acid daily from first trimester till delivery
 - 400 µg folic acid from the second trimester until delivery
- Q17. Lactoferrin in human milk:
- Promotes calcium absorption
 - Binds iron to restrict bacterial growth
 - Facilitates fat digestion

- d) Promote vitamin B12 absorption
- Q18. An excessive intake of which one of the following nutrients during pregnancy is teratogenic to the brain in the offspring?
- Folate
 - Vitamin A
 - Iron
 - Zinc
- Q19. Deficiency of which B-vitamin may cause paralysis to the muscles that allow the eyes to move?
- Riboflavin
 - Pyridoxine
 - Pantothenic acid
 - Thiamin
- Q20. Diets high in fibre have been proposed to protect against colorectal cancer by which one of the following mechanisms?
- Antioxidant effect, which quenches free radicals
 - Increased repair of damaged DNA
 - Increased induction of detoxifying enzymes
 - More rapid removal of potential carcinogens

PART II

SHORT ANSWER QUESTION (SAQ)

(40 MARKS)

- Q1. Define
- Community health nutrition **(2 marks)**
 - Dietetics **(2 marks)**
- Q2. Discuss how different levels of preventive nutritional practices help in ensuring a healthy community **(5 marks)**
- Q3. Describe 5 diet planning principles **(5 marks)**
- Q4. Describe 3 levels of nutritional status **(3 marks)**
- Q5. Discuss the clinical presentation of Kwashiorkor and marasmus, briefly outline the World Health Organization classification of protein energy malnutrition (PEM) **(9 marks)**
- Q6. State 5 millennium development goals (MDG) achievable through hunger reduction, stating how hunger reduction will help in their achievement **(5 marks)**
- Q7. Discuss 5 strategic intervention areas in achieving national food security and nutritional policy **(9 marks)**

PART III
LONG ANSWER QUESTION (LAQ) (40 MARKS)

Q1. Explain direct methods of nutritional status assessment. **(20 marks)**

Q2. Explain

a) Nutrition in the following states: pregnancy and lactation, adolescent, childhood **(10 marks)**

b) Nutrition in the following chronic disease states: HIV, TB and diabetes **(10 marks)**

END