



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 COMMUNITY RESOURCE MANAGEMENT

HCM 103: HUMAN NUTRITION IN THE LIFECYCLE

DATE: 10/12/2020

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) Identify and indicate functions and consequence(s) of deficiency for each of the following nutrients:-
- i. Vitamin A
 - ii. Iron
 - iii. Protein (3 marks)
- b) Giving reasons, indicate nutrients that may be required in higher amounts for adolescents that use alcohol. (3 marks)
- c) Explain why mixed feeding is discouraged in the first six months of life. (3 marks)
- d) State reasons why processed foods are discouraged in adulthood. (3 marks)
- e) Outline the mechanisms by which nutrient intake and body fat affect fertility. (3 marks)
- f) Explain alterations of energy requirements during pregnancy. (3 marks)
- g) Highlight the causes of poor nutrition in PLHIV. (3 marks)

- h) Identify reasons why there is need for fiber dietary modifications in older persons.(3 marks)
- i) Differentiate between food facts and food misinformation. (3 marks)
- j) State the physiological functions of food in the human body. (3 marks)

SECTION B:

Specific Instructions

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

QUESTION TWO (20 MARKS)

- a) Carol has recently been diagnosed with HIV/AIDs, She is currently experiencing frequent vomiting and appetite loss. Explain nutrition related advice that you would give her to address the problems. (10 marks)
- b) Citing specific examples, discuss the health concerns in pregnancy that have an effect on nutritional status of a pregnant woman. (10 marks)

QUESTION THREE (20 MARKS)

- a) The Administrator at Wema elder's institution home in Nairobi has engaged you to advise them on ways to improve food intake of their patients. Discuss nutrition related problems that you are likely to encounter during assessment of the patients. (10 marks)
- b) Discuss the nutrient requirements of a lactating mother. (10 marks)

QUESTION FOUR (20 MARKS)

- a) You have been invited to a give a nutrition talk to guardians and parents with school going children. Explain the points that you would include in your speech with regard to meal planning for the children. (10 marks)
- b) Discuss the strategies you would put in place to promote breastfeeding in Kenya. (10 marks)

QUESTION FIVE (20 MARKS)

- a) Discuss the dietary management of obesity among adults. (10 marks)

- b) Mrs. Brown a mother of a six (6) month old baby has been referred to you for nutritional advice. The baby has been exclusively breastfed and is now ready for complementary feeds. Explain to the mother qualities of appropriate complementary feeds. (10 marks)