



MACHAKOS UNIVERSITY

University Examinations 2016/2017

SCHOOL OF HEALTH SCIENCES

DEPARTMENT OF PUBLIC HEALTH

FIRST YEAR SECOND SEMESTER EXAMINATION FOR DEGREE IN
BACHELOR OF SCIENCE (POPULATION HEALTH)

PPH 113: NUTRITION AND HEALTH

DATE: 2/6/2017

TIME: 2:00 – 4:00 PM

INSTRUCTIONS

This paper consists of two sections A and B

Section A is compulsory

Section B choose any two (2) questions

SECTION A (30 Marks) Compulsory

QUESTION ONE

- a) Define the following terms
 - i. Malnutrition (1 mark)
 - ii. Kwashiokor (1 mark)
 - iii. Marasmus (1 mark)
- b) Explain how occurrence of Goitre can be prevented (2 marks)
- c) Explain the sources of dehydration in a human body (4 marks)
- d) Describe the importance of protein in a human body (4 marks)
- e) Differentiate between wellness and health (2 marks)
- f) Explain the importance of balanced diet in any given meal (3 marks)

- g) Outline three main vulnerable groups in nutrition (3 marks)
- h) Explain the safety measures which are relevant regarding the food handlers (5 marks)
- i) Explain the importance of food policies in an industry (4 marks)

SECTION B: CHOOSE ANY TWO (2) QUESTIONS. EACH QUESTION IS 20 MARKS

QUESTION TWO

- a) Explain five (5) food borne illnesses that occur during rainy seasons (10 marks)
- b) Describe how such diseases above can be controlled and prevented in a community (10 marks)

QUESTION THREE

- a) State five (5) foods whereby fortification has been enforced in Kenya (4 marks)
- b) Explain the importance of fortification in a given community (8 marks)
- c) Describe the role vitamins and minerals in a human body giving an example in each (8 marks)

QUESTION FOUR

- a) Legislation in food industry is very important. Justify the statement above. (10 marks)
- b) Describe the nutritional management for people living with HIV/AIDS in the society (10 marks)

QUESTION FIVE

- a) Discuss the effects of hunger, its causes and how mitigation can be achieved before, during and after such occurrence of such a disaster. (10 marks)
- b) Explain the importance of nutritional assessment in a community (4 marks)
- c) Describe the nutritional needs to the following categories,
 - i. Pregnant mothers (2 marks)
 - ii. Elderly (2 marks)
 - iii. Children under five (5) years of age (2 marks)