



MACHAKOS UNIVERSITY

University Examinations for 2018/2019 Academic Year

SCHOOL OF HEALTH SCIENCES

DEPARTMENT OF PUBLIC AND COMMUNITY HEALTH

**SECOND YEAR SECOND SEMESTER EXAMINATION FOR
BACHELOR OF SCIENCE (COMMUNITY RESOURCE MANAGEMENT)**

HCM 103: HUMAN NUTRITION IN THE LIFE CYCLE

DATE: 8/5/2019

TIME: 2:00 – 4:00 PM

INSTRUCTIONS:

This paper consists of two sections A and B

SECTION A (COMPULSORY)

- **This section has one question**
- **The question is compulsory**
- **The question is 30 marks**

QUESTION ONE (30 MARKS)

- Briefly explain why someone with a broken hip might develop negative nitrogen balance in the hospital. (3 marks)
- State the causes of low weight gain during pregnancy. (3 marks)
- Briefly explain the characteristics of fat-soluble vitamins. (3 marks)
- State the advantages of breastfeeding over artificial feeding. (3 marks)
- Highlight the effects of Vitamin A deficiency. (3 marks)
- Outline the consequences of maternal folic acid deficiency. (3 marks)
- Briefly explain the nutrient and immunological qualities of breast milk. (3 marks)

- h) Briefly describe a true food allergy and which foods most often cause allergic reactions. (3 marks)
- i) Highlight characteristics that contribute to malnutrition in older people. (3 marks)
- j) Identify the effects of sports on nutrition among the adolescents. (3 marks)

SECTION B:

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

QUESTION TWO (20 MARKS)

- a) Health workers at homes for the old encounter many nutritional problems among the old. Discuss the potential contributions to such problems. (10 marks)
- b) Evaluate the nutritional coping strategies that can be employed in the home. (10 marks)

QUESTION THREE (20 MARKS)

- a) Discuss the proper storage and cooking of Sukuma wiki to retain its vitamin content. (10 marks)
- b) Describe the effects of alcohol abuse on specific nutrients. (10 marks)

QUESTION FOUR (20 MARKS)

- a) Describe the vulnerable stages in the human life-cycle as it relates to nutrition. (10 marks)
- b) As a community health worker what nutritional advice would you give an expectant mother for a healthy pregnancy? (10 marks)

QUESTION FIVE (20 MARKS)

- a) Mark has just been diagnosed with HIV; of late he is in and out of hospital because of opportunistic infections. Describe the nutritional requirement for managing his condition. (10 marks)
- b) Describe the nutrition interventions that can be used to improve nutrition in resource limited settings. (10 marks)