



UNIT CODE: MSH 721
UNIT NAME: NUTRITION LIFE CYCLE
DATE: 25th April 2023
TIME: THREE HOURS
START: 4:00 PM **FINISH:** 7:00 PM

INSTRUCTIONS

1. This exam is marked out of 100 marks
2. This Examination comprises TWO Sections
3. This online exam shall take THREE Hours
4. Late submission of the answers will not be accepted
5. Ensure your web-camera is on at all times during the examination period
6. No movement is allowed during the examination
7. Idling of your machine for 5 min or more will lead to lock out from the exam
8. The Learning Management System (LMS) has inbuilt integrity checks to detect cheating
9. Any aspect of cheating detected during and or after the exam administration will lead to nullification of your exam
10. In case you have any questions call the invigilator for this exam on Tel. 0713817436 and or the Head of Department on Tel 0720573449
11. For adverse incidences please write an email to: amiu.examinations@amref.ac.ke

SECTION A: COMPULSORY QUESTION (25 MARKS)

Q1. Describe public health intervention measures that have been put in place in most African countries to address the following micronutrient deficiencies:

- a. Vitamin A deficiency among children under five years (7 marks)
- b. Iron deficiency among pregnant women (7 marks)
- c. Zinc deficiency among children (6 marks)
- d. Iodine deficiency in the general population (5 marks)

SECTION B: ANSWER ANY THREE QUESTIONS IN THIS SECTION (75 MARKS)

Q2 Justify the difference in energy requirement per kg body weight in the lifecycle of a women - from infancy, childhood, puberty, adulthood, pregnancy, lactation to old age (25 marks)

Q3. Evaluate the factors that adversely impact on nutrition status during old age (25 marks).

Q4. Discuss the factors affecting nutrient and energy requirements in the human body during adulthood (25 marks).

Q5 High dietary fiber diets are generally beneficial for most adults, but not for children under 5 years and pregnant women. Evaluate this statement (25 marks).

Q6. Eating disorders is a problem predominantly affecting adolescents and young adults. Distinguish between the occurrence of THREE different types of eating disorders. (25 marks).