



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
END OF SEMESTER MAY-AUGUST 2024 EXAMINATIONS**

COURSE CODE AND TITLE: BSM 216: Infant, Maternal & Reproductive Health Nutrition

DATE: Wednesday 7th August 2024

Duration: 2 HOURS

Start: 9:00 AM

Finish: 11:00 AM

INSTRUCTIONS

1. This exam is out of 70 marks
2. This Examination comprises THREE Sections. Section I: Multiple Choice Questions (20 marks) Section II: Short Answer Questions (30 marks) and Section III: Long Answer Questions (20 marks)
3. Answer ALL Questions.
4. Do Not write anything on the question paper -use the back of your booklet for rough work if need be.

SECTION I: MULTIPLE CHOICE QUESTIONS

(20 MARKS)

1. The following are elements of nutrition;-
 - A. Carbohydrates
 - B. Proteins
 - C. Fats
 - D. All the above
2. The nutrients that provide protection against disease are:
 - A. Carbohydrates and fats
 - B. Proteins and vitamins
 - C. Vitamins and minerals
 - D. Proteins and lipids
3. The following are the macronutrients:
 - A. Carbohydrates, proteins, and fats
 - B. Vitamins, proteins, and minerals
 - C. Minerals, proteins, and fats
 - D. Carbohydrates, vitamins, and minerals
4. All the following are true about the significance of dietary fiber, Except
 - A. It promotes peristalsis
 - B. Reduces cholesterol absorption
 - C. Increases glycemic index
 - D. Prevents constipation
5. The smallest carbohydrate unit is;-
 - A. Monosaccharides
 - B. Disaccharides
 - C. Oligosaccharides
 - D. Polysaccharides
6. Long periods of parenteral feeds should be discouraged because;-
 - A. Increases the toxicity of blood
 - B. It exerts pressure to the heart
 - C. It increases the workload of the kidneys
 - D. It causes degeneration of the gastrointestinal tract
7. The micronutrient should hypertensive patients reduce is;-
 - A. Carbohydrates
 - B. Lipids
 - C. Sodium
 - D. Calcium

8. State whether the following statements are TRUE or FALSE
- The nutritional status of an individual is influenced by food intake, quantity & quality, & physical health
 - The spectrum of nutritional status does not spread from obesity to severe malnutrition...
9. The following statements best describes how the body preserves energy during pregnancy;-
- Increased efficiency of energy utilization
 - Reduced physical activity
 - Increased food intake
 - All the above
10. The strategy in preconception care that stipulates that all females who could become pregnant recommends them to take:
- 400 µg folic acid each day until pregnancy is confirmed
 - 400 µg folic acid each day from the time pregnancy is confirmed until delivery
 - 400 µg folic acid each day from at least 3 months before conception until week 12 of pregnancy
 - 200 µg folic acid each day from at least 3 months before conception until week 12 of pregnancy
11. The following statement is INCORRECT;-
- Introduction of complementary foods too early may give rise to allergic reactions
 - Delayed introduction of complementary foods may give rise to growth faltering
 - Breastfeeding should continue to the age of 2 years or beyond
 - Low-fat and high-fibre diets are appropriate for infants under the age of 2 years
12. Beriberi is a disease caused by lack of
- Vitamin D
 - Vitamin B1
 - Vitamin C
 - Vitamin E
13. Amylase in saliva begins to digest -----in the mouth.
- Proteins
 - Vitamins
 - Lipids
 - Starch
14. The following factor does NOT affect the increased nutrient requirements during pregnancy;-
- General nutritional status before pregnancy
 - The gender of the fetus
 - Time interval between pregnancies
 - Medical condition in the mother.
15. Carbohydrates comprises;-

- A. Liver
 - B. Fats/Lipids
 - C. starches
 - D. Oil
16. The hormones important for breast development in pregnancy is;-
- A. Prolactin & Oxytocin
 - B. Estrogen & Oxytocin
 - C. Estrogen and Progesterone
 - D. Progesterone and Prolactin
17. Calcium is essential in pregnancy for all the following except:
- A. Cell division
 - B. The fetal skeletal formation
 - C. Teeth formation
 - D. Regulation of nerve and muscle activity
18. The following is not true about fats
- A. Saturated fats are solid at room temperature
 - B. Saturated fats are the best because they provide more insulation
 - C. Unsaturated fats are liquid at room temperature
 - D. Unsaturated fats are found in plant oils and
19. Indirect methods of nutritional assessment;-
- A. They deal with the individual and measure objective criteria
 - B. They use community health indices that reflects nutritional influences
 - C. They are not significant indicators of the nutritional status of clients.
 - D. They are very complicated and therefore they require highly trained personnel to carry them out.
20. The statement that describes the function of Oxytocin is;-
- A. Inhibits uterine contractions
 - B. Causes contraction of myoepithelial cells causing the milk let down reflex
 - C. Supports milk production
 - D. Sustains pregnancy especially during the second and third trimester.

SECTION II: SHORT ANSWER QUESTIONS

(30 MARKS)

1. State five purposes of Nutritional assessment. (5 marks)
2. Outline four direct methods of nutritional assessment (4 marks)
3. Outline four limitations of Biomedical method of nutritional assessment (4 marks)

4. State the purpose of the additional amino acids during pregnancy (6 Marks)
5. Vitamins are classified as micronutrients. State how they differ from the macro nutrients (3 marks)
6. State two methods used to assess the child's nutritional status (2 marks)
7. State six dietary deficiencies illustrating the signs and symptoms (6 marks)

SECTION III: LONG ANSWER QUESTION – (20 MARKS)

1. Eating a balanced diet is essential to benefits from its components;-
 - a) Outline six functional components of proteins. (6 marks)
 - b) Illustrate how the functional components of proteins support pregnancy and the postpartum period (14 marks)