



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
BACHELOR OF SCIENCE IN NURSING (PRE-SERVICE AND UPGRADING)
END OF TRIMESTER EXAMINATIONS AUGUST 2022**

UNIT CODE: BSN 217 UNIT NAME: HUMAN NUTRITION AND DIETETICS

DATE: 3rd August, 2022

Start: 9:00 AM Finish: 11:00 AM

INSTRUCTIONS

- 1. This exam will be marked out of 70 Marks**
- 2. This Exam has THREE Sections. Section A: Multiple Choice Questions, Section B: Short Answer Questions and Section C: Long Answer Questions**
- 3. Answer ALL Questions in the Answer booklet provided**

SECTION A: MULTIPLE CHOICE QUESTIONS (20 MARKS)

- One of the following defines a type of amino acid that cannot be synthesized by the body:
 - Complementary
 - Complete
 - Non – essential
 - Essential
- Children under five years at risk of malnutrition have a MUAC measuring..... ?
 - 17.5 cm
 - 10.5- 11cm
 - 15.5 – 16.5 cm
 - 12.5-13.4 cm
- When a child is malnourished the circumference of the head
 - Is smaller than the chest
 - Is bigger than the chest
 - Is equal to the chest
 - Has no relationship with that of the chest
- Iodine deficiency during pregnancy may lead to
 - Reduced head circumference
 - Cretinism
 - Increased risk of infection
 - Decrease bone density
- Simple carbohydrate includes: -
 - Glucose
 - Galactose
 - Maltose
 - Starch
- The following statement is true about proteins: -
 - All proteins are broken down into a pool of amino acids
 - Milk is an example of incomplete proteins
 - There are 11 essential amino acids
 - plant proteins are complete proteins
- About half of your diet should be made up of _____
 - grains and vegetables
 - fruits and milk
 - milk and cheese
 - fats and sugars
- Which of the following nutrient is correctly matched with its role in wound healing? -
 - Protein- maintains homeostasis
 - Zink- normal lymphocyte and phagocyte response
 - Calories- increase metabolic rate
 - Iron- needed for antibody formation

9. All of the following are needed for strong bones except:
- Thiamin
 - Calcium
 - Magnesium
 - Vitamin D
10. This nutrient is needed for making hormones, healthier skin, and to make cell membranes:
- Fat
 - Carbohydrate
 - Fiber
 - Vitamin B12
11. The most important factor in diet planning is: -
- Nutritional adequacy
 - Age
 - Quantity of the people to feed
 - The amount of money
12. All except one are true about the significance of dietary fiber ?
- It promotes peristalsis
 - Reduces Cholesterol absorption
 - Increases glycemic index
 - Acts as an anti oxidant
13. When the food is directly given in the veins, it is called _____ nutrition.
- Parenteral
 - Enteral
 - Intravenous
 - Saline
14. A person who has had a renal transplant should regulate the intake of _____
- Carbohydrates
 - Proteins
 - Fats
 - Vitamins
15. An overweight person: -
- Has grade II obesity
 - Has BMI of up 24.5
 - Has grade II obesity
 - Should be admitted to nutritional clinic with immediate effect
16. A person who is suffering from high blood pressure should cut down on _____
- Sodium
 - Potassium
 - Calcium
 - Magnesium

17. Long periods of parenteral nutrition is not recommended because of _____
- it increases the toxicity of blood
 - it puts pressure on the kidney
 - it puts pressure on the heart
 - it causes the GI track to degenerate
18. All are true about milk as a diet except-
- It is low in iron content but rich in calcium, sodium and potassium
 - The major carbohydrate is lactose
 - The chief proteins are caseinogens and lactalbumin
 - It is rich in vitamin C and D but poor in Vitamin A and Riboflavin
19. An 8 months-old-child has been brought to the pediatric OPD. The examination reveals a thin lean emaciated child. There is history of diarrhea and refusal to feeds from the last few days. The child has been diagnosed with 'marasmus'. What could have been the source of energy to the brain cells during the period of food deprivation?
- Glucose
 - Fatty acids
 - Ketone bodies
 - Branched chain amino acids
20. In a child suffering from marasmus which of the following clinical manifestation is not observed?
- Watery diarrhea with acid stools
 - Subnormal temperature
 - Visible peristalsis from thin abdominal wall
 - Generalized edema

SECTION B: SHORT ANSWER QUESTIONS 30 MARKS

1. State five health risks associated with overweight and obesity (5 marks)
2. Outline five roles of dietary fibers in the body (5 marks)
3. Outline five benefits of meal planning (5 marks)
4. Enumerate five reasons for carrying out nutritional assessment (5 marks)
5. Enumerate five benefits of breastfeeding to the mother (5 marks)
6. State five nutritional challenges that the elderly people may be faced with (5 marks)

SECTION C: LONG ANSWER QUESTION 20 MARKS

Protein Energy Malnutrition refers to a group of related disorders that include marasmus, kwashiorkor, and a combination of both states, marasmic-kwashiorkor.

- a. Describe the features of a child presenting with Kwashiorkor (10 marks)
- b. Discuss the management of protein energy malnutrition (10 marks)

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