



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF COMMUNITY HEALTH
MASTER OF PUBLIC HEALTH
MAY- AUGUST 2026 EXAMINATION

UNIT CODE: MPN 717 UNIT NAME: NUTRITION ASSESSMENT

DATE: 12TH AUGUST 2026

TIME: Three Hours

Start: 5:30PM

Finish 8:30 PM

INSTRUCTIONS

SECTION A: COMPULSORY (25 Marks)

- 1) Describe the direct and indirect methods of nutrition assessment (5 marks)
- 2) Explain two advantages and three disadvantages of the clinical assessment (5 marks)
- 3) State five reasons for measuring dietary intake (5 marks)
- 4) Differentiate between nutritional screening and nutritional status assessment (5 marks)
- 5) Describe the procedure in taking length measurement for a 20 month old (5 marks)

SECTION B: ANSWER ANY THREE (3) QUESTIONS (75 Marks)

6)

- a) Describe four dietary assessment methods, their strengths and limitations. (16 marks)
- b) Discuss the types of errors inherent in dietary intake methods and suggest how they can be minimized (9 marks)
- c) Describe four dietary intake indicators and explain how they are used to assess dietary intake

7)

- a) Explain 4 uses of nutrition assessment and how they would contribute to a program designed to improve breastfeeding practices amongst mothers in Isiolo County (10 marks)

- b) Using the UNICEF conceptual Framework, explain the basic determinants of malnutrition among underfives in the ASAL counties in Kenya (15 marks)

8)

- a) Discuss biochemical methods of measuring nutritional status (10 marks_
- b) Discuss the appropriateness of heamoglobin test for measuring iron-deficiency anaemia (10 mark)
- c) Explain the ethical considerations when undertaking biochemical tests (5 marks)

