



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
END OF SEMESTER AUGUST 2025 EXAMINATIONS**

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

DATE: Monday 11th August 2025

Duration: 2 HOURS

Start: 900AM

Finish: 1100AM

INSTRUCTIONS

1. This exam is out of 70 marks
2. This Examination comprises **THREE** Sections.
 - a) Section I: Multiple Choice Questions (20 marks)
 - b) Section II: Short Answer Questions (30 marks) and
 - c) Section III: Long Answer Questions (20 marks)
3. Answer **ALL** Questions in the booklet provided
4. Do not write on the question paper.

SECTION A: MULTIPLE CHOICE QUESTIONS (MCQs) (20 MARKS)

1. The vitamin that helps with the absorption of iron is:
 - A. Vitamin E
 - B. Vitamin D
 - C. Vitamin C
 - D. Vitamin K

2. The main goal of diet planning is:
 - A. To increase food expenses
 - B. To ensure a balanced diet that meets nutritional needs
3. To eliminate carbohydrates
 - C. To increase protein intake

4. The principle of menu planning?
5. Reducing dietary fiber
 - A. Including a variety of foods to ensure nutrient adequacy
 - B. Focusing on high-energy foods
 - C. Excluding fluids from meals

6. Body Mass Index (BMI) is used for:
 - A. Assessing body weight in relation to height
 - B. Measuring blood pressure
7. Analyzing bone density
8. Determining nutrient absorption

9. The nutrient that is crucial during pregnancy for prevention of fetal spinal defects is
 - A. Sodium
 - B. Folic acid
 - C. Potassium
 - D. Iron

10. When advising a pregnant woman on the importance of taking foods rich in folic acid, you would recommend for her to consume
 - A. Dairy products
 - B. Fortified cereals
 - C. Potatoes
 - D. Green leafy vegetables

11. The statement that best describes the relationship between maternal nutrition to child health is:

- A. Maternal nutrition is of no significance to child health, as long as the mother feeds her child nutritious food
 - A. Maternal nutrition has a direct influence on neonatal and child health outcomes
 - B. Maternal nutrition does not have a direct influence on neonatal and child health outcomes
 - C. Maternal nutrition has an influence on neonatal and child health outcomes to a certain extent
12. The following condition is a direct consequence of a pregnant woman who consumes less than 130 grams of carbohydrate per day
- B. Hypoglycemia
 - A. Kwashiorkor
 - B. Marasmus
 - C. Ketosis
13. The most common cause of anaemia during pregnancy is
- A. Folate deficiency
 - B. Iron deficiency
 - C. Vitamin D deficiency
 - D. Physiological anaemia
14. The most common risk factor for iron deficiency anaemia is
- A. Poor dietary iron intake
 - B. Vitamin C deficiency
 - C. Smoking
 - D. Obesity
15. The following is not a use of nutritional assessment
- C. Identify malnourished patients
 - A. To provide data to serve as a basis for planning nutritional support
 - D. Identify patients that are not at risk of becoming malnourished.
 - B. To provide information for evaluation of the effectiveness of nutritional support.
16. The following is a micronutrient
- A. Proteins
 - B. Fats
 - C. Carbohydrates
 - D. Iron
17. Micronutrients are needed in
- A. Grams per day
 - B. Micrograms per day
 - C. Kilograms per day
 - D. In nanograms per day
18. The following factors affects energy needs

- A. Age, sex, religion
 - B. Preference, age, religion
 - C. Culture, preference, age
 - D. Food availability, preference, age
19. The following is True about micronutrients
- A. They do not have a role in osmotic potential
 - B. Their higher concentration does not cause toxicity
 - E. They contain calories
 - C. They are needed for growth
20. The following are least affected by nutritional deficiencies
- A. Infants
 - B. Pregnant and lactating mothers
 - C. Men
 - D. Adolescents
21. Vitamin K is routinely administered to newborns to
- A. Protect them from vision problems
 - B. Protect them from haemorrhagic diseases
 - C. Protect them from neural tube defects
 - D. To prevent anaemia
22. In exclusive breastfeeding
- F. The infant can be given water when they are thirsty
 - G. Cow milk can be given if a mother is not producing
 - H. A mother can express and give breastmilk
 - I. The infant can be given goat milk
23. Iron store in the infant last
- A. Up to 8 months
 - B. Up to 6 months
 - C. Up to 3 months
 - D. Up to 12 months
24. The following infants do not require Vitamin D supplementation
- A. Exclusively breastfed infants with adequate sunlight exposure
 - B. All infants regardless of feeding options
 - C. Breastfed infants with no sunlight exposure
 - D. Mixed fed infants with no sunlight exposure

SECTION B: SHORT ANSWER QUESTIONS (SAQs) (30 MARKS)

25. Explain four (4) important purposes of nutritional assessment (8 marks)
26. State three (3) barriers to early initiation of breastfeeding (3 marks)
27. Describe the four (4) direct methods of nutritional assessment (8 marks)
28. Explain why breastfeeding is considered as Infant and Young Child Feeding (IYCF) best practice (5 marks)
29. Differentiate between undernutrition and overnutrition (2 marks)
30. State the four (4) principles of complementary feeding of young children (4 marks)

SECTION C: LONG ANSWER QUESTION (LAQ) (20 MARKS)

1. Nutritional requirements change during the lifecycle
- J. Describe the nutritional requirements of a pregnant woman (5 marks)
- K. Describe the nutritional requirements during infancy (5 marks)
- L. Explain the benefits of breastfeeding to the infant (5 marks)
- M. Explain the benefits of breastfeeding to the mother (5 marks)

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