



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

COURSE CODE AND TITLE: BSN 217: Human Nutrition And Dietetics

DATE: Thursday 14th August 2025

Duration: 2 HOURS

Start: 900AM

Finish: 1100AM

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. Saturated fats are mainly found in:
 - A. Vegetables
 - B. Fruits
 - C. Animal products
 - D. Legumes

2. A BMI of 30–40 indicates:
 - A. Underweight
 - B. Obese (grade 2)
 - C. Healthy weight
 - D. Overweight

3. Kwashiorkor is primarily caused by deficiency in:
 - A. Proteins
 - B. Carbohydrates
 - C. Calories
 - D. Vitamins

4. A food with a **low** glycemic index is beneficial in diet planning for:
 - A. Type 2 diabetes mellitus
 - B. Hypertensive crises
 - C. Osteoarthritis
 - D. Rickets

5. For diabetes mellitus, the dietary principle includes:
 - A. High sugar intake
 - B. Irregular meals
 - C. High-fat diet
 - D. Controlled carbohydrate intake

6. The primary level of disease prevention focuses on:
 - A. Treatment of illness
 - B. Management of chronic disease
 - C. Preventing onset of illness
 - D. Screening for disease

7. Essential amino acids are:
 - A. Found only in animal proteins
 - B. Made by the body when needed

- C. Not involved in growth
D. Obtained only through diet
8. The following is a reliable indicator of chronic malnutrition in children: -
A. Hip Circumference
B. Waist Circumference
C. MUAC
D. Presence of edema
9. _____ is crucial for oxygen transport.
A. Iodine
B. Calcium
C. Phosphorus
D. Iron
10. Anorexia nervosa is characterized by:
A. Obsession with overeating
B. Starvation and fear of gaining weight
C. Compulsive bingeing without purging
D. High fat diet
11. The true statement about protein-energy malnutrition is: -
A. Kwashiorkor presents with muscle wasting and no edema
B. Marasmus is due to energy deficiency; kwashiorkor is protein deficiency
C. Marasmus has high serum albumin levels
D. Both are caused by overfeeding
12. Vitamin A deficiency may lead to:
A. Beriberi
B. Pellagra
C. Night blindness
D. Scurvy
13. The key distinguishing feature of rickets in children is:
A. Glossitis
B. Pitting edema
C. Bowed legs and bone softening
D. Night blindness

14. Bulimia nervosa includes:
- A. Starvation
 - B. Vomiting and laxative use after bingeing
 - C. Exercise addiction
 - D. Avoidance of all meals
15. The ancient figure that said “Let thy food be thy medicine” is: -
- A. Socrates
 - B. Hippocrates
 - C. Aristotle
 - D. Galen
16. Adults require _____ of protein per kg of body weight.
- A. 0.8g
 - B. 0.5g
 - C. 1.5g
 - D. 2.0g
17. The vitamin important for collagen formation and wound healing is:
- A. Vitamin A
 - B. Vitamin B12
 - C. Vitamin D
 - D. Vitamin C
18. MUAC less than 13.5 cm indicates:
- A. Good nutrition
 - B. Normal growth
 - C. Risk of malnutrition
 - D. Obesity
19. HDL is considered:
- A. “Good” cholesterol
 - B. “Bad” cholesterol
 - C. A harmful fat
 - D. A vitamin transporter
20. Older adults need increased intake of:
- A. Fiber
 - B. Sugars
 - C. Protein and calcium

D. Calories

SECTION II: SHORT ANSWER QUESTIONS

(30 MARKS)

1. State five (5) functions of water in the body. (5 marks)
2. State the five (5) classifications of BMI and their respective ranges. (5 marks)
3. State five (5) reasons why the elderly people have an increased nutritional challenge. (5 marks)
4. Outline five (5) importance of diet planning. (5 marks)
5. List five (5) instances when Mid-Upper Arm Circumference (MUAC) is used or applied. (5 marks)
6. State five (5) importance of good nutrition status in people living with HIV/AIDS (PLWHA). (5 marks)

SECTION III: LONG ANSWER QUESTION

(20 MARKS)

1. Nutritional assessment determines the overall nutritional status of an individual in order to initiate appropriate intervention.
 - a. Describe the four methods used to measure the nutritional status of an individual or a group and explain the relevance of each. (8 marks)
 - b. A 45-year-old female patient weighs 84 kg and is 163 cm tall. Calculate her **BMI**, classify her weight status using WHO standards, and explain the health risks associated with this status. (6 marks)
 - c. Describe three tools used for dietary assessment in adult patients. (6 marks)

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