



MASAAI MARA UNIVERSITY

REGULAR UNIVERSITY EXAMINATIONS

2021/2022 ACADEMIC YEAR

SECOND YEAR 1TRIMESTER

SCHOOL OF PURE APPLIED & HEALTH SCIENCES

DIPLOMA IN FOOD, NUTRITION AND DIETETICS

COURSE CODE: DND 2103

COURSE TITLE: NUTRITION IN THE LIFE CYCLE

DATE: 6 TH APRIL,2022

DATE: 0230-0430HRS

INSTRUCTIONS TO CANDIDATES

- i. This end of year examination consists of three sections; namely section A, B and C.
- ii. Section A is Multiple Choice Questions (MCQs). There are twenty questions, answer all questions.
- iii. Section B is Short Answer Questions (SAQs). 40 marks. All questions are compulsory. Answer questions on the piece of papers provided.
- iv. Section C is Long Essay Questions (LEQs). 40 marks. Answer any two questions on the piece of paper provided.
- v. Write your registration number and NOT your name on all the pages of your answer sheet.

SECTION A

1. Christine is pregnant and has just taken a whole container of Vitamin A supplements. She remembers learning in her nutrition class the Vitamin A is
 - A. Dangerous because retinoic acid is teratogenic in high doses
 - B. Beneficial because retinoic acid will help her lose facial wrinkles
 - C. Helpful with her cystic acid and will support her fetus's growth
 - D. Harmful because retinoic acid can negatively affect her eye health

2. Folate deficiency may result in
 - A. Microcytic anemia
 - B. Pellagra
 - C. Megaloblastic anemia
 - D. Pernicious anemia

3. Jane has an eating disorder and has the following signs and symptoms EXCEPT?
 - A. Body image disturbance
 - B. Prolonging of menstrual periods
 - C. Secrecy
 - D. Doubts about self-worth

4. A key nutritional need during the 1st trimester of pregnancy is the need for?
 - A. Calcium
 - B. Folate
 - C. Iron
 - D. Protein

5. Which of the following should a pregnant woman avoid eating for safety reasons?
 - A. Egg York made with fresh, uncooked eggs
 - B. A well done hamburger
 - C. Broccoli with cheese sauce
 - D. Pasteurized milk

6. How many times a day do newborns generally need to eat?
 - A. 3 or 4
 - B. 9 or 10
 - C. 5 or 6
 - D. 7 or 8

7. Which of the following nutrients is the greatest dieting concern for older adults?
- Vitamins A, C, E and Fluorine
 - Thiamin, Riboflavin, Ni acid and phosphorus
 - Folate, calcium, iron and protein
 - Vitamins D, B-6, B-12 and Calcium
8. Poor nutrition in any stage of a person's life cycle can _____
- Always be corrected during later stages
 - Create health problems
 - Lengthen the life span
 - All of the above
9. Which of the following is NOT a problem affecting the diet of older adults?
- Busy schedules
 - Shopping difficulties
 - Limited income
 - Mealtime loneliness
10. Why do adults need fewer calories?
- Their metabolism speeds up
 - Their metabolism slows down
 - They get more tired easier thus getting fatter
 - They do not need fewer calories
11. Which one is not among the stages of the life cycle that we talked about in nutrition across life span?
- Children
 - Adolescents
 - Young adults
 - Elderly
12. If someone is following a lacto- ovo vegetarian diet, he or she consumes?
- No red meat
 - No animal foods of any kind
 - Eggs and milk, but no other animal foods
 - Dairy but no other animal foods
13. Maya is aged 22 and weighs 66kgs, her statute is 186cms tall. What is her BMI?
- 27kg/m²
 - 21 kg/m²
 - 19 kg/m²
 - 36 kg/m²

14. Which of the following is NOT a usual trend in body composition among older adults?
- A. Increase in total body weight
 - B. Redistribution of fat mass
 - C. Increase in fat mass
 - D. Increase in muscle mass
15. Which disorder is involved in starvation and obsession with calorie intake?
- A. Anorexia
 - B. Bulimia
 - C. Compulsive eating
 - D. Binge eating
16. To prevent a food borne illness such as listeria monocytogenes, pregnant women should not eat?
- A. Oysters
17. Which of the following is not among the essential amino acid?
- A. Lysine
 - B. Methionine
 - C. Phenylalanine
 - D. Arginine
18. A key nutritional need during the 1st trimester of pregnancy is the need for
- A. Calcium
 - B. Folate
 - C. Iron
 - D. Protein
19. Poor nutrition in any stage of a person's life cycle can-----
- A. Always be corrected during later stages
 - B. Create health problems
 - C. Lengthen the life span
 - D. Make a person obese
20. The first solid foods to be introduced in to the diet of most babies are.....
- A. Strained meat
 - B. Rice cereal
 - C. Dry crackers
 - D. Pureed fruit

SECTION B (40 mks)

INSTRUCTIONS: Answer all the questions in this section

1. State the 5 components of nutrition assessment. (5 mks)
2. State 5 factors influencing material nutrition in nutrition across lifespan. (5 mks)
3. Highlight 6 foods to avoid during pregnancy. (6 mks)
4. State 3 macronutrient requirements during fetal life growth. (3 mks)
5. State 5 benefits of breast milk to the children under five years (5 mks)
6. Highlight three differences between these two eating disorders Anorexia bulimia and Anorexia nervosa. (6 mks)
7. Briefly explain 3 factors affecting the nutritional status of adolescents. (6 mks)
8. Fill or complete the table below with the recommended weight gain in pregnancy. (4 mks)

Pregnancy state (if pregnancy weight was)	Recommended weight gain in kgs
Normal	
Underweight	
Overweight	
Obese	

SECTION C (40 MKS)

INSTRUCTION: Answer any 2 questions in this section

1. (a) In nutrition across life span, discuss 8 pregnancy related complications and their management. (16 mks)
(b) State 4 groups of people who are vulnerable in nutrition across life span. (4 mks)
2. (a) Discuss the nutritional requirement for the infant (birth to age one) (10 mks)
(b) Human breast milk provides adequate nutrition for infants. Discuss the components of breast milk. (10 mks)
3. (a) Explain 5 problems that need optimize oral nutrition in elderly people. (10 mks)
(b) What are the solutions for each problem? (10 mks)

END//