



MASAI MARA UNIVERSITY
SCHOOL OF PURE, APPLIED AND HEALTH SCIENCES
DEPARTMENT OF HEALTH SCIENCES
DIPLOMA IN NUTRITION & DIETETICS
DND 2302– NUTRITIONAL ASSESSMENT & SURVEILLANCE
END OF SEMESTER EXAMINATIONS
2022

DATE: _____ **TIME:** _____

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.

PART A, MULTIPLE ANSWER QUESTIONS (1-20) 20 MARKS, ANSWER ALL QUESTIONS

1. Which is an Aiding definition of nutritional Surveillance
 - A. A Process of Monitoring trends in nutritional situation over time to inform decision making
 - B. It does not necessary trigger action rather information but decision making
 - C. It's not amending policies, nor introducing program in decision making
 - D. Its decision making is an existing program
2. Which is recommended dietary increased calories for an expectant mother in 1st trimester?
 - A. 120 calories
 - B. 150 calories
 - C. 300 calories
 - D. 350 calories
3. Which one is NOT the methods used for surveillance type of nutrition?
 - A. Large scale nutritional survey
 - B. Repeated small nutritional survey
 - C. School census data
 - D. Evaluation based clinic monitoring
4. Which of the following is NOT TRUE? A Nutritional survey
 - A. Time consuming and expensive
 - B. Can be done to answer questions
 - C. Help design new program
 - D. Evaluate all programs
5. Which one is NOT a source of primary data in Nutritional surveillance?
 - A. School height census
 - B. Community – based sensitized sites
 - C. Survey, larger scale and small scale
 - D. Feeding program survey
6. Which is NOT TRUE in nutritional assessment?
 - A. Interpretation of data to determine groups or people well nourished
 - B. Interpretation of data to determine groups over nourished or under nourished

- C. Interpretation of data to determine group in country with malnutrition
- D. Interpretation of data to determine group physical, fat mass to provide information about nutrition status

7. Which is an aiding definition of Dietary methods?

- A. Assessing nutritional status
- B. Nutrients from food
- C. Past and current nutrients from food
- D. Nutrients from carbohydrates

8. Which is NOT TRUE about MUAC?

- A. Tool risk for determination of mortality in children
- B. Only for assessing pregnant mothers
- C. Is simple screening for larger population
- D. Not adequate for outpatient screening

9. Which is TRUE on cut off value for BMI for assessing adult nutritional status with reading of 16 to 16.9?

- A. Mild chronic energy deficiency
- B. Moderate chronic energy deficiency
- C. Severe chronic energy deficiency
- D. Very severe chronic energy deficiency

10. Which is NOT a type of formular feeds

- A. Soya beans based on formula feed
- B. Special formulas
- C. Commercial formula
- D. Protein formula

11. Which is NOT TRUE about nutritional survey?

- A. Not time consuming
- B. Its program oriented
- C. Help in designing new program
- D. Evaluate existing program

12. For pregnant mother, which is the dietary recommendation for calcium during 2nd and 3rd trimester?

- A. Increased about 1000 – 5000g

- B. Increased about 3000 – 3500g
- C. Increased about 1500 – 3000g
- D. Increased about 2000 – 3000g

13. Which is the danger to too late weaning process?

- A. Interfere with growth development
- B. Predispose child to suckling less
- C. Production is interfered with milk
- D. Allow baby to exercise new feed

14. _____ is TRUE about Weight and Height?

- A. An index for assessing stunting
- B. An index for assessing wasting
- C. An index for assessing acute nutrition
- D. An index for assessing moderate nutrition

15. For clinical signs and symptoms of nutritional problem, Anemia may be due to the following. Which is TRUE?

- A. Vitamin B12 and B6
- B. Vitamin B12, copper, iron
- C. Vitamin B12, iron, Folic, copper, protein, B6
- D. Vitamin B6, B12, Folic, copper acid

16. _____ is NOT TRUE in process for developing theory?

- A. Articulating mental methods
- B. Back casting
- C. Generic change theories
- D. Six critical whys, asking six question to examine the cause-and-effect underlying program

17. Which is NOT TRUE in dietary Assessment method?

- A. Diet record
- B. 24-hour recall
- C. Food frequency questionnaire
- D. Food frequency method

18. Which is an advantage of Diet record method?

- A. Allows self-monitoring which can influence behavior change
- B. High subject burden
- C. High staff cost and burden
- D. Can alter eating behavior

19. What is the Disadvantage of food frequency questionnaire?

- A. Relies on subject recall
- B. Captures habitual intake
- C. Does not alter eating behavior
- D. Less subject

20. Which is true in aiding definition of Reference distribution?

- A. Value of a given proportion of reference values are less than equal
- B. Is subjective point at which an investor decides whether or not a survey is worth buying
- C. Methods of assessing all nutritional survey
- D. It is a prior decision and does NOT depend on post processing after collecting data

PART B, (40MARKS) ANSWER ALL QUESTIONS

1. State five (5) component of growth and Monitoring and promotion for children less than five years of age. (5marks)

2. State five (5) risk of too early weaning (5marks)

3. a. Outline five (5) characteristics of Monitoring and evaluation (5marks)

b. State five (5) Benefits of monitoring and evaluation (5marks)

4. State five (5) effects of poor diet in expectant mothers (5marks)

5. Outline three (3) types of formula feeds (3marks)

6. Explain three problems associated with formula feeds (6marks)
7. a. State five (5) main methods used for surveillance of nutrition (5marks)
b. Outline definition of school census in relation to nutritional surveillance (1mark)

PART C, (40 MARKS) ANSWER ONLY TWO QUESTIONS.

1. Angela, Nutrition student has been assigned to talk about nutrition surveillance and screening.
- A. Outline (6) difference between nutrition surveillance and screening (6marks)
 - B. State five (5) uses of surveillance data (5marks)
 - C. Discuss four (4) steps of nutritional methods citing physical examination to a lactating mother (10marks)
2. Moses in his clinical rotation (MCH) has been tasked to give health talk on dietary recommendation to the expecting mothers
- A. Explain the dietary recommendation in protein, carbohydrate, iron, calcium increased at 2nd and 3rd trimester (8marks)
 - B. With an aiding diagram, name five food groups in food guide pyramid and identify several groups (12marks)
3. Nutrition student was tasked to make an evaluation of nutrition education program in her third week and finally to analyze the nutritional problems.
- A. State six (6) reasons for evaluating nutrition education program(6marks)
 - B. Outline six (6) function of evaluation(6marks)
 - C. Explain four (4) components in an evaluation system (8marks)