



# **MAASAI MARA UNIVERSITY**

**REGULAR UNIVERSITY EXAMINATIONS  
2023/2024 ACADEMIC YEAR  
SECOND YEAR FIRST TRIMESTER**

**SCHOOL OF PURE, APPLIED AND HEALTH  
SCIENCES**

**DIPLOMA IN FOODS, NUTRITION AND DIETETICS**

**COURSE CODE: DND 2103**

**COURSE TITLE: NUTRITION ACROSS THE  
LIFESPAN**

**DATE: 7<sup>TH</sup> DECEMBER, 2023**

**TIME: 0830-1030 HRS**

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**INSTRUCTION TO CANDIDATES**

**Section A: Multiple Choice Questions. Answer ALL Questions**

**Section B: Short Answer Questions. Answer ALL Questions**

**Section C: Long Answer Questions. Answer Question ONE and any other ONE question.**

*This paper consists of 5 printed pages. Please turn over.*

**SECTION A: MULTIPLE CHOICE QUESTIONS (20 MARKS). SELECT THE CORRECT ANSWER.**

1. What should you do with picky eaters?
  - A. Force them to eat it. They will learn to love it
  - B. Offer them a lot of unfamiliar foods at the same time. That way you get it over with.
  - C. Don't do anything and just provide the food they want and ask for
  - D. Lead by example and don't pressure them. Help the food look good and fun
2. What should children drink?
  - A. Anything they want.
  - B. Their bodies will know what is best for them.
  - C. Water instead of sugary drinks
  - D. Soda, juice, and flavored milks
3. Which mineral is deficient in the body when a person is diagnosed with anemia?
  - A. Magnesium
  - B. Copper
  - C. Iron
  - D. Calcium
4. Which nutrient helps in the prevention of osteoporosis?
  - A. Vitamin A
  - B. Folate
  - C. Iron
  - D. Calcium
5. Why do adults need fewer calories?
  - A. Their metabolism speeds up
  - B. Their metabolism slows down
  - C. They get more tired easier so they get fatter
  - D. They don't need fewer calories
6. The elderly lose their sense of taste and smell putting them at greater risk of:
  - A. Calcium deficiency
  - B. Food poisoning
  - C. Too much sodium
  - D. Heart disease
7. What factors make it difficult for the Elderly to get good nutrition?
  - A. Live alone
  - B. Disabilities

- C. Financial Reasons
  - D. A, B and C
8. What is NOT one of the stages of the life cycle that we talked about?
- A. Children
  - B. Adolescents
  - C. Young Adults
  - D. Elderly
9. What 2 nutrients are especially important for teens (choose 2 answers)
- A. Calcium and Iron
  - B. Proteins and fats
  - C. Vitamin C and Omega 3's
  - D. Fruits and Vegetables
10. If adults eat the same amount of food as when they were younger, they are likely to:
- A. Gain Weight
  - B. Lose Weight
  - C. Maintain Weight
11. What element does Iron in the blood transport?
- A. Calcium
  - B. Hydrogen
  - C. Vitamin D
  - D. Oxygen
  - E. Nitrogen
12. All these are the common eating disorders among the teenagers, except?
- A. Anorexia nervosa,
  - B. Bulimia nervosa
  - C. Anemia
  - D. Binge eating disorders
13. Children should not have cow's milk until age...?
- A. any time
  - B. 3 months
  - C. 6 months
  - D. 1 year
14. Jessica is aged 22 and she weighs 90 kg and her stature is 170 cm tall. What is her BMI?
- A. 27 kg/m<sup>2</sup>

- B. 31 kg/m<sup>2</sup>
  - C. 21 kg/m<sup>2</sup>
  - D. 19 kg/m<sup>2</sup>
15. Swelling around the body tissues especially around ankle, feet, legs and face is called \_\_\_\_\_
- A. Edema
  - B. Swelling
  - C. Plaque
  - D. All of the above
16. To check body growth Head and chest measurements are used in....
- A. Elderly people
  - B. Adults
  - C. Women
  - D. Children
17. Additional supply of \_\_\_\_\_ is required for pregnant mother
- A. 800kcal/day
  - B. 1200kcal/day
  - C. 500kcal/day
  - D. 300 kcal/day
18. Which of the following food group provides fiber?
- A. Milk and cheese
  - B. Meat group
  - C. Fats, oils and sweets
  - D. Bread and cereals
19. All of the following are nutrients found in food except:
- A. Plasma
  - B. Proteins
  - C. Carbohydrates
  - D. Vitamins
20. Clinical symptom of Osteoporosis.
- A. Easy fracture
  - B. Low bone density
  - C. stooped posture
  - D. Back pain

**SECTION B: SHORT ANSWER QUESTIONS (40 MARKS). ANSWER ALL QUESTIONS.**

1. Name four (4) nutrients that are important during the elderly stage **4mks**
2. Identify four (4) causes of iodine deficiency disorders (IDD) **4mks**
3. Outline four (4) tips that may help in managing heartburn. **4mks**
4. Identify the most common nutritional disorders in children under five years in developing countries, Kenya included. **4mks**
5. List four (4) the stages in the lifecycle that are vulnerable to malnutrition. **4mks**
6. Discuss the link between malnutrition and poverty. **4mks.**
7. State four (4) physiological changes that occur during elderly stage. **4mks.**
8. Highlight on four ways of managing diarrhea in infancy stage. **4mks**
9. State four (4) consequences of maternal folic acid deficiency. **4mks**
10. Highlight four (4) benefits of breast feeding to the infant **4mks**

**SECTION C: LONG ANSWER QUESTIONS (40 MARKS).QUESTION ONE IS COMPULSORY, THEN CHOOSE EITHER QUESTION 2 OR 3.**

1. a. Discuss five (5) foods to avoid during adulthood. **10mks**  
b. Discuss five (5) nutrition intervention methods used in dealing with nutrition problems and concerns. **10mks**
2. Discuss ten (10) practices that can help expectant women get the nutrients needed for a healthy pregnancy. **20mks.**
3. a. Explain **five (5)** practical aspects of successful breastfeeding. **10mks.**  
b. Justify that the following nutrient requirements of the elderly. **10mks.**

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