



MACHAKOS UNIVERSITY

University Examinations for 2021/2022 Academic Year

SCHOOL OF HEALTH SCIENCES

DEPARTMENT OF PUBLIC AND COMMUNITY HEALTH

FIRST YEAR SECOND SEMESTER EXAMINATION FOR

BACHELOR OF SCIENCE (COMMUNITY RESOURCE MANAGEMENT)

HCM 103: HUMAN NUTRITION IN THE LIFECYCLE

DATE: 25/5/2022

TIME: 8.30-10.30 AM

INSTRUCTIONS:

This paper consists of two sections A and B

SECTION A

Specific Instructions

- This section has one question
- This question is **COMPULSORY**
- The question is 30 Marks

QUESTION ONE (30 MARKS)

- a) Explain the negative effects of caffeine for
- i. lactating mothers (1 mark)
 - ii. Pregnant mothers (1 mark)
 - iii. Pre-conception period (1 mark)
- b) Provide nutritional advice on the following cases
- i. Consumption of organic foods (2 marks)
 - ii. Use of herbal supplements for a lactating mother (2 marks)
- c) Outline the recommended weight gain ranges for pregnant women of different BMIs (Body Mass Index) (4 marks)

- d) Expound on the measures to improve on
- i. Consumption of fruits and vegetables among the preschoolers (2 marks)
 - ii. Intakes of vitamin D among the elderly (2 marks)
- e) Highlight common approaches to combat micronutrient deficiencies in your community (3 marks)
- f) Explain micronutrients of importance during
- i. Adolescence (3 marks)
 - ii. Adulthood (2 marks)
- g) Breastmilk is a complete meal. Explain (3 marks)
- h) Highlight physical factors that may contribute to malnutrition during old age (3 marks)
- i) Justify why nutritional needs are increased during lactation (1 mark)

SECTION B:

Specific Instructions

- **This section has four (4) question**
- **Answer any two (2) questions**

Each question is 20 Marks

QUESTION TWO (20 MARKS)

- a) A 24-Hour Recall reported by mother and her son had the following list of meals for a certain day,

Breakfast:

- Slices of buttered white bread
- ½ cup of mango juice

AM Snack:

- 2 chocolate chip cookies
- Water

Lunch:

- Slice of pizza
- Bottle of pineapple juice

PM Snack:

- 2 chocolate chip cookies

Dinner:

- 1 sausage
- Mashed potatoes
- ½ cup of chocolate milk

Comment on their nutrient adequacies and deficiencies. (10 marks)

- b) Advise a pregnant woman who is worried of inadequate weight gain and poor dietary intakes (10 marks)

QUESTION THREE (20 MARKS)

- a) Compile responses to the following community concerns
- i. Consequences of introduction of family foods to infants in the first six months of life (5 marks)
 - ii. Principles to apply when planning quality and quantity family meals. (5 marks)
- b) Compare and contrast the nutritional requirements during childhood and in old age. (10 marks)

QUESTION FOUR (20 MARKS)

- a) Discuss the role of nutrition to community members living with HIV/AIDs. (10 marks)
- b) Describe community members who are prone to severe and acute malnutrition. (10 marks)

QUESTION FIVE (20 MARKS)

- a) Discuss nutrition-related concerns during adulthood (10 marks)
- b) Describe nutritional and lifestyle choices that can affect current and future health of community members (10 marks)