



MAASAI MARA UNIVERSITY

**REGULAR UNIVERSITY EXAMINATIONS
2022/2023 ACADEMIC YEAR
FIRST YEAR SECOND TRIMESTER**

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

DIPLOMA IN FOOD, NUTRITION AND DIETETICS

COURSE CODE: DND 1203

COURSE TITLE: NUTRITION IN EMERGENCIES

DATE: XXXX APRIL, 2023

TIME: XXXX

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 ANY TWO Questions

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

Section A: Multiple choice questions (20 Marks)

1. The following are different causes of emergencies in Kenya and Globally, except?
 - A. Severe shortages of food combined with disease epidemics.
 - B. Poverty
 - C. Chronic food insecurity
 - D. Good infrastructure
2. The following are reasons for vulnerability of children under 5 years of age, except?
 - A. Increased nutrient needs
 - B. Reduced appetite
 - C. Dependency on others to feed
 - D. Access to health care
3. Which of the following statement is false on the correct feeding protocols for SAM (severe acute malnutrition).
 - A. Patients with complicated SAM should be admitted to an inpatient facility for the stabilization phase.
 - B. When appetite returns and oedema is reduced, the patient is ready for the transition phase of inpatient care.
 - C. It is important to train mothers or caretakers during the rehabilitation period on how to feed their child with available local foods.
 - D. Throughout treatment, it is NOT important to promote emotional and physical stimulation of the child, to prevent developmental delays and mental disorders.
4. The following factors contribute to programme failure, except?
 - A. Good programme planning especially where community is not involved
 - B. Good monitoring and evaluation of the programme
 - C. proper utilization on programme resources
 - D. Failure of community to participate in the programme
5. The food component present in sugar is.....?
 - A. Proteins
 - B. Carbohydrates
 - C. Fats
 - D. Starch
6. The percentage of water in the body is?
 - A. 65
 - B. 70
 - C. 80
 - D. 40

7.provide more than double the energy provided by proteins or carbohydrates in the body.
- A. Vitamins
 - B. Minerals
 - C. Fats
 - D. Starch
8. The component of food that helps our body to against fight infections is?
- A. Minerals
 - B. Vitamins
 - C. Fats
 - D. Starch
9. In a child suffering from marasmus which of the following clinical manifestation is not observed?
- A Watery diarrhea with acid stools
 - B Subnormal temperature
 - C Visible peristalsis from thin abdominal wall
 - D Generalized edema
10. A child has presented with growth retardation, inability to walk and bruises all over the body. Which of the following nutrients should be recommended as a supplement to the diet?
- A Milk
 - B Egg yolk
 - C Citrus fruits
 - D Pulses
11. All except one are true about the significance of dietary fiber?
- A It promotes peristalsis
 - B Reduces Cholesterol absorption
 - C Increases glycemic index
 - D Acts as an anti-oxidant
12. Which of the following is a correct statement to justify the cause of fatty liver in Kwashiorkor?
- A There is more mobilization of lipids from adipose mass
 - B There is more synthesis of lipids in the liver
 - C There is deficiency of apo B100 protein
 - D All of the above
13. Which of the following is a protein from plant origin
- A. Soybean

- B. Milk
 - C. Cheese
 - D. Eggs
14. A substance needed by the body for growth, repair and maintenance is.....?
- A. Carbohydrates
 - B. Proteins
 - C. Vitamins
 - D. Lipids
15. A diet high in saturated fats can be linked to the following?
- A. Anorexia
 - B. Kidney failure
 - C. Cardiovascular diseases
 - D. Bulimia
16. A (n).....is a unit of energy that indicates the amount of energy contained in food
- A. Label
 - B. Food guide pyramid
 - C. Basket
 - D. Calorie
17. Which one of these is NOT considered a nutrient?
- A. Vitamins
 - B. Fats
 - C. Fibre
 - D. Proteins
18. Citrus fruits are excellent sources of
- A. Vitamin B
 - B. Vitamin A
 - C. Vitamin C
 - D. Calcium
19. The milk, cheese and yoghurt are important for.....?
- A. Strong bones
 - B. Muscles
 - C. Teeth
 - D. Boosting immunity
20. How many servings of vegetables do we need in a day?
- A. 2-3
 - B. 3-5
 - C. 1-2

SECTION B: Short Answer Questions. (40 Marks)

1. Define the following terms; 3mks
 - a. Emergency
 - b. Complex emergency.
 - c. Disaster
2. Briefly, describe four (4) characteristics of an emergency 4mks
3. Outline three (3) types of disasters 3mks
4. Highlight the nutritional indices commonly calculated for children 6mks
5. Describe three (3) approaches to food security assessments. 6mks
6. Outline the cut off points for MUAC among children 5mks
7. Identify the two types of Emergency supplementary feeding programmes and two modes of feeding 8mks
8. Define program evaluation and explain three (3) types of Evaluation. 5mks

SECTION C: LONG ANSWER QUESTIONS. (40 MARKS)

- 1.a. Occurrence of disasters can be controlled at some critical phases. Discuss six (6) phases of disasters. 12mks
 - b. Discuss four methods of assessing dietary intake of an individual or population. 8mks
2. Describe any ten (10) reasons for nutrition programme monitoring. 20mks
3. Discuss any five (5) challenges in nutrition in emergencies 20mks