



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 1205

COURSE TITLE: MATERNAL NUTRITION

DATE: 19/4/2023

TIME: 1430-1730 HRS

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 question.

This paper consists of 6 printed pages. Please turn over.

PART A-MULTIPLE CHOICE QUESTIONS (20 MARKS).

1. Which one of the following is not an element of family planning.

- a) good in between births spacing
- b) desired number of pregnancies
- c) proper timing on when to give birth
- d) proper timing of child's sex

2. The following are nutritional assessment methods except?

- a) head and neck circumference
- b) abdominal and head circumference
- c) middle upper arm circumference
- d) tissue thickness assessments

3. The dose, route of administration, and location of pneumococcal vaccine is

- a) 0.5mls, intramuscular and left outer thigh
- b) 0.5mls, intramuscular and right outer thigh
- c) 0.5mls, subcutaneous and right outer thigh
- d) 0.6mls, intramuscular and right outer thigh

4. During lactation amenorrhea method of family planning

- a) Progesterone hormone prevent ovulation
- b) Estrogen prevent ovulation
- c) Prolactin prevent ovulation
- d) Progesterone and estrogen prevent ovulation

5. Which one is a factor affecting growth and development;

- a) tender love and care
- b) maternal death
- c) climate change
- d) frequent infections

6. The following nutrients are found in breast milk except?

- a) carbohydrates
- b) vitamins
- c) minerals
- d) amino acids

7. effects of vit A deficiency is

- A) Impaired immune system
- b) Increased severity of disease
- c) Impaired vision
- d) Impaired hearing

8. Which of the following statements is TRUE?

- a) Most medicines are ok during pregnancy as long as they are legal.
- b) Less than 200mg of caffeine is good during pregnancy.
- c) Boiled eggs must be eaten during pregnancy because it contains all essential amino acids.
- d) All types of fish are necessary to consume during pregnancy.

9. The average length and weight of a fetus at fetal age sixteen weeks is

- a) 22 cms and 223 grams
- b) 23 cms and 225 grams
- c) 24 cms and 226 grams
- d) 25 cms and 227 grams

10. A three year old female child is-----to-----inches in height and-----to-----kilograms in weight.

- a) 34.5 to 40 inches and 11.7 to 17 kilograms
- b) 34 to 40 inches and 12.7 to 18 kilograms
- c) 35.5 to 39 inches and 12 to 17.5 kilograms
- d) 33 to 40 inches and 13 to 17 kilograms

11. Normal respiratory rate of a neonate is

- a) 30 to 60 beats per minute
- b) 12 to 20 beats per minute
- c) 40 to 60 beats per minute
- d) 42 to 60 beats per minute

12. The following is not a daily assessment of a newborn.

- a) umbilical cord care
- b) assessment of feeding pattern
- c) checking skin colour and activity of the baby
- d) administration of tetracycline eye ointment

13. Which fatty acids are essential for development of the central nervous system of fetus

- a) Gamma linoleic acid
- b) Omega 3
- c) omega linoleic acid
- d) Linoleic acid

14. What is the adequate intake of calcium mg/day for pregnant women under the age of 18 years

- a) 1000
- b) 1100
- c) 1200
- d) 1300

15. Ascorbic acid is essential for formation of collagen TRUE or FALSE

- a) True
- b) False

16. Daily recommended dietary allowance for protein is

- a) 60
- b) 14
- c) 75
- d) 32

17. How many calories are recommended for breastfeeding mothers

- a) 2500
- b) 2000

c)1500

d)3000

18.Iron deficiency anaemia is associated with higher preterm births, What can a mother do to receive adequate amount

a) Intake lean meat and eggs

b) Intake dark granny vegetables

c) Take iron supplements with orange juice

d) Intake of iron at 20mg/day

19.Most of a woman weight gain during pregnancy is from?

a) fetus

b) increase storage of protein and fats

c) amniotic fluid

d) increase in amount of blood

20.Heavy workers increase their caloric intake by

a) 300kcla/day

b) 500kcla/day

c) 700kcla/day

d) 600kcal/day

PART B-SHORT ANSWER QUESTIONS (40 MARKS)

1)State three problems of a normal newborn under hormonal withdrawal (5 marks)

2)Which are the five criteria for apgar score? Give normal variations (5 marks)

3)Describe five community factors that promote good nutrition (5 marks)

4)Describe five common complications during pregnancy (5 marks)

5)Describe five factors that promote immunization programme. (5 marks)

6)Outline six reasons for weaning a child at six months (5 marks)

7)using a table describe the difference in nutrients between breastmilk, cows milk and formula feeds. (10 marks)

PART C-LONG ANSWER(40 MARKS) ANSWER TWO QUESTIONS; QUESTION ONE IS

COMPLULSORY

1)a) Define the term neonate including normal length and weight (5 marks)

b) Describe ten skin changes that occur in a normal neonate (10 marks)

c) Describe all other changes that occur in a newborn except the skin (10 marks)

2) a)Draw a table and describe normal dietary allowance of all nutrients for a pregnant woman with normal weight pre-pregnancy (10 marks)

b)Define growth and development (2 marks)

c) Discuss four factors that promote growth and development (8 marks)

3)Madam Ann walks into the MCH/FP department for family planning services. Explain all the family planning methods that you are going to council her about. (20 marks)

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