



MAASAI MARA UNIVERSITY

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

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

DIPLOMA IN FOODS, NUTRITION AND DIETETICS

COURSE CODE: DND 2302

**COURSE TITLE: NUTRITION ASSESSMENT AND
SURVEILLANCE**

DATE: 5TH DECEMBER, 2023

TIME: 1430-1630 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 ONE question.

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

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

1. Which of the following is *not* true about overnutrition:
 - A. Can lead to sleep apnea
 - B. Being overweight during childhood and adolescence is associated with increased risk for becoming overweight during adulthood
 - C. In adults, obesity is defined as a BMI of 25 or more
 - D. Overnutrition can lead to certain cancers
 - E. Overnutrition is caused by the consumption of nutrients in excess of body needs
2. The purpose of a nutritional assessment does *not* include which of the following:
 - a. A. Identify individuals who are malnourished
 - b. B. Provide data for designing a nutrition plan of care that will prevent or minimize the development of malnutrition
 - c. C. Identifying those who are at risk for malnutrition
 - d. D. Establish a baseline data for evaluating the efficacy of nutritional care
 - e. E. None of the above
3. Which is *not* true regarding the comprehensive nutritional assessment?
 - A. Is performed for all patients
 - B. Includes dietary history and clinical information
 - C. Includes physical examination
 - D. Includes anthropometric measures
 - E. Includes laboratory tests
4. Which of the following is the easiest and most popular method for obtaining information about dietary intake?
 - A. Stalking your patient
 - B. Food frequency questionnaire
 - C. 3-day food diary
 - D. 24-hour recall
 - E. Direct observation

5. Which of the following is a common draw back to the food frequency questionnaire?
 - A. Noncompliance
 - B. A typical intake on the recording day
 - C. Conscious alteration of diet during the recording period
 - D. It does not quantify amount of intake
 - E. None of the above
6. Amenorrhea, which is associated with nutritional deficiency, is
 - A. The term that refers to the Islamic dietary laws
 - B. Deficiency of dietary supplements
 - C. A side effect of the use of anabolic steroids
 - D. Agents that are often substituted for nutritious food
 - E. Absence of menstrual flow
7. Anthropometry is:
 - A. A measurement and evaluation of growth, development, and body composition
 - B. A serious side effect of steroids which affects, among other areas, the skin, eyes, and gums
 - C. Scanty menstrual flow
 - D. An abnormally large head circumference, which often signifies disease
8. Which of the following is not a common location for anthropometry:
 - A. Height
 - B. Triceps skinfold thickness
 - C. Elbow breadth
 - D. Arm and head circumferences
 - E. None of the above
9. A BMI of 27 is considered to be which of the following?
 - A. Underweight
 - B. Normal weight
 - C. Overweight
 - D. Obese
10. Which of the following is a practical marker of optimal weight for height and an indicator of obesity or protein-calorie malnutrition?
 - A. Body weight as a percentage of ideal weight.
 - B. Percentage usual body weight
 - C. Waist-to-hip ratio

- D. Percentage of recent weight change
11. Which of the following assesses body fat distribution as an indicator of health risk?
- A. Body mass index
 - B. Body weight as a percentage of ideal body weight
 - C. Anthropometry
 - D. Waist-to-hip ratio
 - E. Percentage usual body weight
12. Which is the most common site used for obtaining skinfold thickness measurements.
- Biceps skinfold (BSF)
 - Gluteal skinfold (GSF)
 - Supra-iliac skinfold
 - Subcapsular skinfold
 - Triceps skinfold (TSF)
13. A hemoglobin level of 12 g/dl is:
- Is abnormal for an adult male
 - May be an indication of iron anaemia
 - Normal for adult women
 - All of the above
 - None of the above
14. Rickets:
- Is a sign of vitamin D and calcium deficiencies
 - Is marked by disorders of cartilage cell growth
 - Can not lead to osteomalacia in adults
 - Results in a bowlegged appearance
 - A, B and D
15. Which of the following could lead to iodine deficiency?
- Low intake of fruits and vegetables
 - Intake only of locally grown food in Africa
 - Insufficient caloric intake
 - Inadequate sunlight exposure
16. Deficiencies of which of the following nutrients can lead to anaemia?
- Iodine and vitamin C
 - Copper and iron

- C. Zinc and protein
 - D. Vitamin D and zinc
17. What ways can governments promote good nutrition?
- A. Surveys to monitor nutrition
 - B. Publishing dietary guidelines
 - C. Legislating against false claims
 - D. All of the options listed are correct
18. Which group of the global population is most affected by anaemia?
- A. Preschool children
 - B. Pregnant women
 - C. Non pregnant women
 - D. Men
19. The following are major causes of malnutrition, except?
- A. Lack of knowledge in selecting foodstuff with high nutritive value
 - B. Poverty and infectious diseases
 - C. Drought
 - D. Even distribution of the available foods
20. Identify the characteristics are of a well-nourished individual
- A. Is not alert mentally and physically fit
 - B. Has optimistic outlook on life
 - C. Has good resistance to infection
 - D. Shows numerous other signs of good health such as an increased life span extending the active and vigorous period of life.

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

1. State four (4) samples used in the biochemical assessment. 4mks
2. Define.
 - a) Nutrition assessment
 - b) Process 2mks
3. List four anthropometric measurements. 4mks
4. Identify three components used in nutrition diagnosis. 3mks
5. State three stages of behavior change during nutrition intervention. 3mks
6. State four roles of a nutrition counselor. 4mks
7. Differentiate between nutrition counseling and nutrition education. 2mks
8. List three (3) domains of nutrition intervention. 3mks

9. State three (3) critical thinking skills in nutrition assessment. 3mks
10. Highlight three (3) tools used when taking dietary history of a client/patient. 6mks
11. Distinguish between nutrition monitoring and nutrition evaluation. 2mks
12. List four nutrition intervention domains. 4mks

SECTION C: LONG ANSWER QUESTIONS (40 MARKS).QUESTION ONE IS COMPULSORY, THEN CHOOSE ANY OTHER THREE QUESTIONS.

1. Nutrition interventions are purposefully planned actions designed with the intent of changing a nutrition-related aspect of health status. Demonstrate how to plan the intervention strategy. 10mks
2. Discuss steps of behavior change in nutrition intervention. 10mks
3. Jude is 50 years old. He is obese, with elevated blood sugars and he is complaining of increased thirst, dried lips, frequent urination and sweet scent. After taking 24HR recall you realize he took high levels of carbohydrates.
- a) Write your nutrition assessment. 5mks
- b) Write PES statement to describe his nutrition diagnosis. 5mks
4. Discuss the five methods that are used in nutrition assessment. 10mks
5. Explain the nutrition care process. 10mks

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