



MAASAI MARA UNIVERSITY

**REGULAR UNIVERSITY EXAMINATION
2018/2019 ACADEMIC YEAR
YEAR ONE SEMESTER TWO**

**SCHOOL OF SCIENCE AND
INFORMATION SCIENCE
BACHELOR OF SCIENCE IN NURSING
(BSc. N)**

**COURSE CODE: NUR 1204
COURSE TITLE: NUTRITION AND
HEALTH**

**DATE: 29TH APRIL, 2019
1130HRS**

TIME: 0830 -

INSTRUCTIONS TO CANDIDATES

Answer All Questions in SECTION A and B. Choose ANY TWO in SECTION C.

SECTION A: MULTIPLE CHOICE QUESTIONS (20 MARKS)

ALL QUESTIONS ARE COMPULSORY

NUTRITION EXAMINATION

1. Which of the following are the major classification of carbohydrates?
 - (a) Monosaccharides, disaccharides, polysaccharides
 - (b) Glucose, fructose, galactose
 - (c) Sucrose, lactose, maltose
 - (d) Monosaccharides, glucose, fructose
2. Which of following is true about disaccharides?
 - (a) Include sucrose, lactose and maltose
 - (b) They can be broken down to fructose, glucose and lactose
 - (c) Include glycogen, starch and fibers
 - (d) Include starch, sucrose and fibers
3. Which of the following is NOT true about the Incomplete proteins?
 - (a) Are those that lack one or more of the essential amino acids.
 - (b) Incomplete proteins cannot build tissue without the help of other proteins.
 - (c) one incomplete protein food can provide the essential amino acids the other lacks.

- (d) complementary proteins do not add value to each other
4. Which of the following major classifications make up the lipid group?
- (a) Triglycerides, fatty acid, phospholids and sterols
 - (b) Triglycerides, phospholipids, glycogen
 - (c) phospholids and sterols, glycogen and lipoproteins
 - (d) Sterols, meat, fatty foods
5. Deficiency of folate and vitamin B12 will result in to neural tube defects known as:
- (a) Anencephaly and Spina bifida
 - (b) Hypercholesterol, lipidemia
 - (c) Diabetes mellitus and Diabetes insipidus
 - (d) Diabetes mellitus and lipidemia
6. Which of the following fetal alcohol syndrome occur due to drinking alcohol in pregnancy ?
- (a) Irreversible brain damage, Growth retardation, mental retardation
 - (b) facial abnormalities, Growth retardation, anencephaly and aggression
 - (c) poor performance in school, aggressiveness, neuro tube defects
 - (d) hydrocephalus, facial malformation
7. which of the following factors dictate the energy need of an adolescent?
- (a) Current rate of growth, Gender
 - (b) Body composition, age, pregnancy
 - (c) Physical activity and pregnancy
 - (d) Gender, age, body weight
8. The following are characteristics of a nutritious diet, EXCEPT?
- (a) Adequate, Balance
 - (b) Kcalories control, Nutrient density

- (c) Moderation, variety
 - (d) Carbohydrates, proteins and lipids in plenty
9. Which of the following is the cause of scurvy?
- (a) Vitamin Riboflavin
 - (b) Vitamin A
 - (c) Vitamin D
 - (d) Vitamin C
10. The cause of beriberi?
- (a) Vitamin B6
 - (b) Vitamin B1
 - (c) Vitamin B12
 - (d) Vitamin B9
11. Which of the following are micronutrients?
- (a) Sodium chloride, phosphorus, calcium
 - (b) Magnesium, potassium, sulphur
 - (c) Fluoride, Zinc, chloride
 - (d) Copper, manganese, iron and iodine
12. The anthropometric measurements include:
- (a) Height and weight and measurements of the head (for children), upper arm, and skinfold
 - (b) Serum albumin level, upper arm, and skinfold, height and weight
 - (c) Serum transferrin level height and weight, skin fold and measurement of upper arm
 - (d) Measurements of the head (for children), Serum albumin level
13. Postoperative food intake for a client takes the following course if client does not complicate:
- (a) Clear-liquid diet, Light diet, to the regular diet.

- (b) Regular diet, liquid diet and clear fluids
 - (b) Regular diet, parenteral or enteral feeding
 - (d) Enteral, parental, and liquid food
14. Which of the following is a macronutrient?
- (a) Sodium, magnesium, potassium
 - (b) Magnesium, potassium and Sulphur
 - © Sulphur, cobalt and iodine
 - (d) Iron, fluoride and iodine
15. The following is lost in serious burns due to loss of skin surface; **Except**
- A. losses of fluids
 - B. loss of electrolytes
 - C. loss of proteins
 - D. Loss of carbohydrates
16. The following are methods to Improve the Appetite of an AIDS Client **EXCEPT**
- (a) Give medications after meals
 - (b) Offer soft food; Avoid spicy, acidic, and extremely hot or cold foods
 - (c) Serve frequent, small meals, Add sugar and flavorings to liquid supplements
 - (d) Serve solid of large amounts of carbohydrates, proteins, fats, vitamins and minerals
17. Wound healing, tissue building, and blood regeneration all require;
- (a) extra fat
 - (B) extra cholesterol
 - (C) reduced calorie intake
 - (d) Protein
18. Dumping syndrome is characterized by

- (a) Migraine headache
- (b) Hypertension and tremors
- (c) Reduced clotting time
- (d) Dizziness and cramps

19. Fever is associated with;

- (a) It creates a need for extra calories
- (b) The client has enormous appetites
- (c) The clients experience reduced metabolic rate
- (d) The clients should be kept on a low-calorie diet

20. When an excessive amount of glucose accumulates in the blood, the condition is known as

- (a) Hypoglycemia
- (b) Glycosuria
- (c) Acidosis
- (d) Hyperglycaemia

PART B: Short answer questions (40 MARKS)

All questions are compulsory

1. State **FIVE** importance of Fibers. (5 marks)
2. State **FIVE** functions of water (5 marks)
3. State **FOUR** ways in which diabetes mellitus type 11 can be prevented (5 marks)
4. State **FIVE** importance of proper nutrition prior to pregnancy (5 marks)
5. State **FIVE** ways of nutritional assessment (5 marks)
6. State **FIVE** factors to be considered while counseling a patient with obesity. (5 marks)
7. State **Five** characteristics of good nutrition. (5 marks)
8. State **FIVE** functions of trace elements. (5 marks)

PART C: LONG ESSAY QUESTIONS (40 marks)

Answer only two questions

1. Giving examples, describe the functions of carbohydrates in the human body
(20 marks)

2. Protein Energy Malnutrition is common in third world countries due to frequent droughts. Describe the effects of protein Energy Malnutrition, (PEM) to the population
(20 marks)

3. Citing examples describe ten myths and taboos that are related to food and nutrition
(10 marks)
 - b. Describe ways in which food can be stored and preserved to prevent wastage.
(10 marks)

4. People living with HIV infection and AIDS must learn how to maintain a healthy body weight, preserve muscle mass, prevent malnutrition and cope with nutrition related side effects of medication
 - (a) Describe areas of counselling that you as a nurse will share with the above client in order for the patient to remain nutritionally healthy (10 marks)
 - (b) Describe factors that result to reduced food intake and possible ways to prevent/alleviate them.
(10 marks)

GOOD LUCK