

Registration Number _____



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES**

DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES

BACHELOR OF SCIENCE IN NURSING

END OF SEMESTER EXAMINATIONS JULY 2021

Course Unit: BSM 216: MATERNAL AND INFANT NUTRITION

Date: MONDAY 2ND AUGUST, 2021

Time: 2 ½ Hours

Start: 9.00AM

Finish: 11.30AM

Instructions

- 1) This paper has three sections: Section A, Section B and Section C
- 2) Answer ALL questions in Section A and Section B and C
- 3) Use the University examination booklets provided.
- 4) Re-writing the questions on your answer sheet is unnecessary.

SECTION A: MULTIPLE CHOICE QUESTIONS (TOTAL: 20 MARKS)

1. Which of the following is NOT true about lipids
 - a. Are the form of stored energy in animals
 - b. Have high energy value 9 kcal/gm of fat
 - c. Act as carriers for fat soluble vitamins
 - d. Are not palatable giving bad taste and satiety

2. Foods like pizza, burger and noodles are rich in
 - a. Carbohydrates
 - b. Proteins
 - c. Vitamins
 - d. Minerals

3.provides more than double the energy provided by carbohydrates or protein in human body.
 - a. Vitamins
 - b. Fats
 - c. Minerals
 - d. Starch

4.is essential for forming hemoglobin in the blood.
 - a. Calcium
 - b. Iron
 - c. Phosphorus
 - d. Magnesium

5. The mineral which controls the functioning of thyroid gland is: -
 - a. Phosphorus
 - b. Calcium
 - c. Magnesium
 - d. Iodine

6.helps maintain a constant body temperature in our body: -
 - a. Roughage
 - b. Carbohydrates
 - c. Vitamins
 - d. Water

7. A diet high in saturated fats can be linked to which of the following: -
 - a. Kidney failure
 - b. Bulimia
 - c. Anorexia
 - d. Cardiovascular disease

8. The energy requirement of an individual depends on: -
 - a. Physical activities
 - b. Body size and composition
 - c. a & b
 - d. None of the above

9. Which of the following is composed of complex sugars: -
 - a. Dextrin
 - b. Glycogen
 - c. Cellulose
 - d. All the above

10. Protein deficiency is manifested as all of the following except: -
 - a. Restricted growth
 - b. Kwashiorkor
 - c. Mental deficiency
 - d. Persistent diarrhea

11. A diet high in dairy and meat products may result in:-
 - a. Higher energy intake
 - b. Higher cholesterol levels
 - c. Higher triglyceride levels
 - d. Lower High Density Lipoprotein levels

12. A primary nutrient deficiency is due to: -
 - a. The failure to properly absorb a nutrient
 - b. An inadequate intake of a nutrient
 - c. The removal of a portion of the gut
 - d. A genetic disorder

13. Low residue diet is recommended in the management of: -
 - a. Diabetes Mellitus, diarrhea
 - b. Colostomy, pre-operative phase of large bowel surgery
 - c. Constipation, hemorrhoids
 - d. Overweight, post perineal suturing

14. Indicate whether the following statements are TRUE or FALSE: -
 - a. Obesity is a major risk factor for cancer, cardiovascular and type 2 diabetes
 - b. High total carbohydrate intake is an established risk for cardiovascular disease

15. A sensitive indicator of acute state of malnutrition in children is:-
 - a. Height for age
 - b. Weight for height
 - c. Weight for age
 - d. Mid upper arm circumference

16. Regarding marasmus: -

- a. Edema is present
- b. Skin is easy to peel and has hypopigmentation
- c. There is primary deficiency of energy
- d. There is a deficiency of protein

17. Non-heme iron intestinal absorption is enhanced by:-

- a. Antacids
- b. Calcium supplements
- c. Ascorbic acid
- d. Phytates

18. The following are effects of nutritional deficiency during pregnancy. Match the statements in column A with nutrients in column B:-

Column A	Column B
i. Miscarriage and neural tube defects	a. Protein
ii. Decreased infant bone density	b. Iodine
iii. Congenital malformation	c. Calcium
iv. Cretinism	d. Zinc
v. Cleft lip	e. Folate

19. Indicate whether the following statements are TRUE or FALSE: -

- a. Phosphorus is necessary for healthy bones and soft tissue to grow and develop throughout life.....
- b. Heme iron is readily absorbed in the body.....

20. The following is not a use of nutritional assessment: -

- a. To identify malnourished patients
- b. To provide data to serve as a basis for planning nutritional support
- c. To identify patients that are not at risk of becoming malnourished
- d. To provide information for evaluation of the effectiveness of nutritional support

SECTION B: SHORT ANSWER (50 MARKS)

1. Outline three effects of each of the following on energy requirements: -
 - a. Disease (3 marks)
 - b. Pregnancy (3 marks)
2. List two sources of each of the following nutrient categories
 - a. Carbohydrates (1 mark)
 - b. Vitamin B12 (1 mark)
 - c. Vitamin B 6 (1 mark)
3. Explain three (3) foods that pregnant women should avoid (6 marks)
4. Explain 4 direct methods of nutritional assessment (8 marks)
5. State four (4) causes of marasmus (4 marks)
6. State five (5) symptoms of rickets (5 marks)
7. Explain four (4) relationships between nutrition and health (8 marks)
8. Explain 5 ways you would advise a pregnant woman to improve micronutrient intake (10 marks)

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