

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF SCIENCE IN NURSING

NURS 121: NUTRITION AND HEALTH

STREAMS: B.Sc (NURSING) Y1S1

TIME: 2

HOURS

DAY/DATE : THURSDAY 16 /09/ 2021

11.30 AM – 1.30 PM

INSTRUCTIONS:

- Answer All Questions

SECTION A: MULTIPLE CHOICE QUESTIONS [ONE MARK EACH] [20 MARKS]

1. Which of the following is a sign of Anemia/Iron deficiency?
 - A. Oedema
 - B. Bitot Spot
 - C. Dry skin
 - D. Fatigue
2. A common anthropometric measure for infants is:
 - A. Recumbent length
 - B. Standing height
 - C. Sitting height
 - D. Laying height
3. Abdominal obesity in males is defined as a waist-hip ratio greater than?
 - A. 0.7
 - B. 0.8
 - C. 0.9
 - D. 1

4. Which of the following has been linked to high blood pressure?
 - A. Iron
 - B. Zinc
 - C. Sodium
 - D. Calcium
5. What value results from weight in kilograms divided by height in meters squared?
 - A. RMR
 - B. BMI
 - C. BMR
 - D. None of the above
6. Which of the following mineral deficiency may result in impaired growth and development, skin lesions, and loss of appetite?
 - A. Zinc
 - B. Cobalt
 - C. Iron
 - D. Magnesium
7. The measurement of a specific biochemical status index for a micronutrient such as vitamin C is most likely to be useful in practice to estimate:
 - A. The overall quality of a person's diet
 - B. The presence or risk of a clinical deficiency, such as clinical scurvy.
 - C. The tissue levels, or body status, of that nutrient.
 - D. Overall health and freedom from disease.
8. The mineral which aids in the utilization of iron and in hemoglobin synthesis is?
 - A. Calcium
 - B. Phosphorus
 - C. Cobalt
 - D. Copper
9. Which of the following assesses body fat distribution as an indicator of health risk?
 - A. Body mass index
 - B. Waist-to-hip ratio

- C. Percentage of usual body weight
 - D. Anthropometry
10. A BMI of 28 is considered to be which of the following?
- A. Underweight
 - B. Normal
 - C. Overweight
 - D. Obese
11. Obesity occurs due to:
- A. More consumption of calorie
 - B. More consumption of protein
 - C. More consumption of vitamins
 - D. None
12. Mid Upper Arm Circumference (MUAC) estimates?
- A. Lean muscle mass
 - B. Body fatness
 - C. Skeletal muscles mass
 - D. None of the above
13. Which of the following is a micronutrient?
- A. Carbohydrates
 - B. Protein
 - C. Lipids
 - D. Calcium
14. The general formula of carbohydrates is?
- A. $(CH_2O)_n$
 - B. $(C_4H_2O)_n$
 - C. $(C_6H_2O)_n$
 - D. $(C_2H_2O)_n COOH$
15. Which of the following is not a consequence of vitamin A deficiency?
- A. Xerophthalmia
 - B. Keratomalacia
 - C. Bitots spot

D. Osteomalacia

16. Which condition is associated with vitamin C deficiency?
- A. Pellagra
 - B. Scurvy
 - C. Cretinism
 - D. Beriberi
17. Which of the following statements regarding macronutrient energy value is true?
- A. Carbohydrate provides 9 kcal/gram consumed
 - B. Proteins provide 4 kcal/gram consumed
 - C. Fats provide 7 kcal/gram consumed
 - D. Fats provide 12 kcal/gram consumed
18. Unsaturated fat is found in which form at room temperature?
- A. Liquid
 - B. Solid
 - C. Gas
 - D. None of the above
19. An RDA represents the:
- A. The highest amount of a nutrient that appears safe for most healthy people.
 - B. The lowest amount of a nutrient that will maintain a specified criterion of adequacy.
 - C. The average amount of a nutrient considered adequate to meet the known nutrient needs of practically all healthy people in a population.
 - D. The average amount of a nutrient considered adequate to meet the known nutrient needs of half of all healthy people in a population
20. If an individual has a positive energy balance, that person is more likely to:
- A. Gain weight
 - B. Lose weight
 - C. Maintain weight
 - D. Develop diabetes

SECTION B: SHORT ESSAY QUESTIONS

[20 MARKS]

1. Explain the following concepts as used in nutrition and health [6 marks]
 - i. Nutrition assessment
 - ii. Complementary value of proteins
 - iii. Parenteral nutrition
2. Explain two (2) conditions where calorie restricted diets may be recommended [4 marks]
3. Explain two (2) types of protein energy malnutrition common among the underfives [4 marks]
4. Overweight and obesity can result to serious health problems. Explain four (4) complications associated with overweight and obesity in an individual [4 marks]
5. State two (2) factors that determine dietary modification in the treatment, prevention and management of diseases and disorders [2 marks]

SECTION C: LONG ESSAY QUESTIONS

[30 MARKS]

1. Discuss the different types of dietary fiber and their importance in the human body [10 marks]
 2. Healthy diets are the cornerstone of good health. Explain four (4) factors to consider during diet planning of an individual [8 marks]
 3. Discuss four (4) methods that can be used to ascertain the nutrition status of an individual [12 marks]
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