

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

**EXAMINATION FOR THE AWARD OF DEGREE OF
BACHELOR OF BACHELOR OF SCIENCE IN NURSING AND BACHELOR OF
SCIENCE IN ENVIRONMENTAL HEALTH**

NURS 121: NUTRITION AND HEALTH

STREAMS: BSC (NURS & ENV HEALTH) YISI

TIME: 2 HOURS

DAY/DATE: TUESDAY 3/12/2019

2.30 PM – 4.30 PM

INSTRUCTIONS:

- **ANSWER ALL QUESTIONS**

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

1. A diet high in saturated fats can be linked to which of the following?
 - A. Kidney failure.
 - B. Mental retardation.
 - C. Cardiovascular disorders.
 - D. Anorexia.
2. Which of the following is a water-soluble vitamin?
 - A. Vitamin A
 - B. Vitamin B
 - C. Vitamin D
 - D. Vitamin E
3. The following are monosaccharides except
 - A. Glucose
 - B. Galactose
 - C. Sucrose
 - D. Fructose
4. Essential nutrients:
 - A. Are made by the body.

- B. Generally must be supplied by food.
 - C. Are enzymes.
 - D. Include alcohol.
5. Which of the following hormones promotes appetite in an individual?
- A. Ghelin
 - B. Estrogen
 - C. Epinephrine
 - D. Leptin
6. An adult female who weighs 88 kg and is 170 cm tall is classified as;
- A. Undernourished
 - B. Normal
 - C. Overweight
 - D. Obese
7. A slice of bread with 2 gram of fat, 20 grams of carbohydrate, and 4 grams of protein contains:
- A. 104 kcal
 - B. 110 kcal
 - C. 114 kcal
 - D. 126 kcal
8. Which of the following is an example of hydrogenated fats;
- A. Butter
 - B. Lard
 - C. Margarine
 - D. Olive oil
9. When there is sufficient glucose consumed to support metabolism, fat fragments combine to form?
- A. Ketone bodies
 - B. Glycerol
 - C. Chylomicrons
 - D. Triglycerides
10. Which of the following is an underlying cause of malnutrition?
- A. Food insecurity
 - B. Diseases
 - C. Inadequate food intake
 - D. Political factors
11. Which one of the following anthropometric indicators should be measured in an emergency setting to estimate the prevalence of wasting in children?
- A. Weight for height
 - B. Height for age
 - C. Height for weight
 - D. Weight for age

12. Which of the following is not a consequence of vitamin A deficiency?
 - A. Xerophthalmia
 - B. Keratomalacia
 - C. Bitots spot
 - D. Osteomalacia

13. Which is not an anthropometric method of nutrition assessment
 - A. Weight
 - B. Hb Level
 - C. Waist Hip Ratio
 - D. Head Circumference

14. Which of the following has the highest glycemic index
 - A. Ice cream
 - B. Dextrose
 - C. Cucumber
 - D. Bread

15. Excess glucose in human body are stored in which form:
 - A. Glycerol
 - B. Glycerine
 - C. Glycogen
 - D. Glucose

16. Current guideline recommend that complex carbohydrates should make up what percentage of the total calorie intake
 - A. 35
 - B. 45
 - C. 60
 - D. 80

17. The UNICEF model of the causes of malnutrition identifies several levels of causes: immediate, underlying and basic. Which of the following is not one of the underlying causes in the UNICEF model?
 - A. Insufficient rainfall for agriculture
 - B. Inadequate access to food
 - C. Inadequate care for mothers and children
 - D. Insufficient health services and unhealthy environment

18. 1gm of protein will yield how many kilocalories:
 - A. 2
 - B. 4
 - C. 6
 - D. 9

19. Excess carbohydrates are stored in the body as?
 - A. Body fat

- B. Glycogen.
 - C. A and B
 - D. None of the above
20. Which of the following hormones promotes hypoglycemia?
- A. Epinephrine
 - B. Growth hormone
 - C. Glucagon
 - D. Insulin

SECTION B: SHORT ESSAY QUESTIONS

[20 MARKS]

1. Explain the following concepts as used in nutrition and health [6 marks]
 - i. Diet therapy
 - ii. Recommended dietary allowance
 - iii. Trans-fat
2. Malnutrition continues to be a major problem in developing countries. Explain two immediate causes of malnutrition as stipulated in the UNICEF conceptual framework on the causes of malnutrition [4 marks]
3. Vitamin A is considered a micronutrient of public health concern. Explain four clinical manifestation of vitamin A deficiency [4 marks]
4. List four metabolic complications associated with enteral and parenteral feeding [4 marks]
5. Diet modification is integral in a patient nutrition care. State two reasons for prescribing a low residue diet [2 marks]

SECTION C: LONG ESSAY QUESTIONS

[30 MARKS]

1. Describe five strategies that can be employed to overcome the problem of micronutrient deficiency in your country [10 marks]
2. Your client Mr Thuge is concerned about cancer due to his family history. Explain five modifiable risk factors for the disease that you would educate him about [10 marks]
3. Describe five main nutrition problems of concern during emergency situations [10 marks]

