

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

FIRST YEAR EXAMINATION FOR THE AWARD OF DEGREE
OF BACHELOR OF SCIENCE (NURSING)

NURS 121: NUTRITION AND DIETETICS

STREAMS: Y1S1

TIME: 2 HOURS

DAY/DATE: THURSDAY 7/12/2017

2.30 P.M - 4.30 P.M.

INSTRUCTIONS:

INSTRUCTIONS:

- Do not write anything on the question paper.
- Mobile phones and any other reference materials are NOT allowed in the examination room.
- The paper has THREE sections. **Answer ALL** questions.
- All your answer for section I (MCQs) should be on one page
- Number ALL your answers and indicate the order of appearance in the space provided in the cover page of the Examination answer booklet.
- Write you answers legibly and use your time wisely

SECTION A: MULTIPLE CHOICE QUESTIONS [10 MARKS]

1. Nutrient intake that appears to sustain a defined nutritional state is;
 - A. Adequate Intake (AI)
 - B. Upper Intake Level (UIL)
 - C. Recommended Dietary Allowance (RDA)
 - D. Dietary Reference Intakes (DRIs)
2. Who performed the first scientific nutrition experiment in the year 1947?
 - A. Antoine Lavoisier
 - B. James Lind
 - C. Anaxagoras
 - D. Claude Bernard
3. All the following are micronutrients except
 - A. Minerals
 - B. Vitamins
 - C. Photochemicals
 - D. Water

NURS 121

4. Which of the following is the sweetest sugar found in fruits and vegetables?
 - A. Glucose
 - B. Fructose
 - C. Galactose
 - D. Lactose

5. Which of the following monosaccharides does not occur free in nature?
 - A. Fructose
 - B. Glucose
 - C. Galactose
 - D. Lactose

6. Occurs in the body as an intermediate product of starch digestion
 - A. Maltose
 - B. Galactose
 - C. Sucrose
 - D. Lactose

7. Human milk contains per 100 ml of lactose
 - A. About 6.8 g
 - B. 6.8 g
 - C. About 4.8 g
 - D. 4.8 g

8. What is the daily energy requirement for 4kgs infant?
 - A. Roughly 82 kcals/kg (490 calories/day)
 - B. Approximately 83 kcals/kgs (990 kcals/day)
 - C. 100kcals/kgs
 - D. More than 100 kcals/kg

9. BMI of 18.5-24.9 kg/m² in classification of body mass means:-
 - A. Class 1 obesity
 - B. Underweight
 - C. Class 2 obesity
 - D. Normal weight

10. The storage capacity for glycogen in the body is:
 - A. About 2000 calories
 - B. About 1000 calories
 - C. About 3000 calories
 - D. About 500 calories

NURS 121

11. Macro mineral with recommended dietary allowance (RDA) greater than 200mg/day include the following: -
 - A. Zinc
 - B. Iron
 - C. Magnesium
 - D. Iodine

12. The following are inactive forms of protein splitting enzymes found in pancreatic juice except?
 - A. Cholecystokin
 - B. Trypsinogen
 - C. Chymotrypsinogen
 - D. Procarboxypeptidase

13. What is the recommended daily fluid intake in liters per day for children 4-8 years?
 - A. 1.2 (about 5 cups)
 - B. 1.6 (about 6 cups)
 - C. 1.4 (about 5-6 cups)
 - D. 1.0 (about 4 cups)

14. Height/length is key in nutritional assessment. Infant meter is indicated for which children?
 - A. Above 2 years old
 - B. Less than 2 years old
 - C. Above 5 years old
 - D. Less than 1 year old

15. Mid upper arm circumference (MUAC) less than 11.5 cm signifies?
 - A. Malnourished
 - B. Adequate nutritional status
 - C. Borderline
 - D. All the above

16. The following are essential amino acids except?
 - A. Arginine, leucine, isoleucine
 - B. Valine, arginine, lysine
 - C. Arginine, glycine, cystein
 - D. Methionine, phenylalanine, histidine

17. Total fat consumed by infants fed on breast milk is:
 - A. 50% fat
 - B. 20% fat
 - C. 35% fat
 - D. 20-35% fat

NURS 121

- 18. Concerning bulimia nervosa, which statement is most correct?
 - A. The client pursues thinness compulsively through semi starvation and compulsive exercises.
 - B. Compulsive overeating not accompanied by purging
 - C. A & B are both correct
 - D. None of the above

- 19. Shakir's tape reading below 11.5-12.5 cm implies that the child has:
 - A. Moderate malnutrition
 - B. Severe malnutrition
 - C. Mild malnutrition
 - D. Adequate nutritional status

- 20. A baby 4 months old, is likely to suckle:
 - A. 2 - 4 times per day
 - B. 6 - 8 times per day
 - C. 4 - 6 times per day
 - D. 8 - 10 times per day

SHORT ANSWER QUESTIONS. [30 MARKS]

- 1. State four (4) benefits of good nutrition. [4 Marks]

- 2. Describe the four (4) most used anthropometric indicators in children under five years of age. [8 Marks]

- 3. State five (5) benefits of breastfeeding to the infant [5 Marks]

- 4. State the deficiencies caused by the following vitamins [8 Marks]
 - (a) Retinol
 - (b) Riboflavin
 - (c) Pantothenic acid
 - (d) Pyridoxine
 - (e) Cyanocobalamin
 - (f) Phylloquinone
 - (g) Biotin
 - (h) Folinic acid

- 5. State five (5) benefits of fat in the body. [5 Marks]

LONG ANSWER QUESTIONS [20 MARKS]

- 1. Master Tetu is admitted in pediatric ward with severe dehydration.
 - (a) List ten (10) symptoms of dehydration. [5 Marks]
 - (b) State five (5) causes of dehydration. [5 Marks]
 - (c) State ten uses of water in the human body. [10 Marks]
-