

CHUKA



UNIVERSITY

**SECOND YEAR EXAMINATIONS FOR THE AWARD OF DEGREE OF BACHELOR OF NURSING**

**NURU 271: NUTRITION AND HEALTH**

**STREAMS: Y2S1**

**TIME: 2 HOURS**

**DAY/DATE: THURSDAY 19/11/2020**

**8.30 A.M – 10.30 A.M**

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**INSTRUCTIONS:**

1. Do not write anything on the question paper.
2. Mobile phones and any other reference materials are NOT allowed in the examination room.
3. The paper has three sections. Answer ALL the questions.
4. All your answers for Section I (MCQs) should be on one page.
5. Number ALL your answers and indicate the order of appearance in the space provided in the cover page of the examination answer booklet.
6. Write your answers legibly and use your time wisely

**A) MULTIPLE CHOICE QUESTIONS (20 MARKS).**

1. Macro minerals with recommended dietary allowance (RDA) greater than 200mg/ day include the following: -
  - a) Zinc
  - b) Iron
  - c) Magnesium
  - d) Iodine.
2. The following are inactive forms of protein splitting enzymes found in pancreatic juice **except?**
  - a) Cholecystokinin
  - b) Trypsinogen
  - c) Chymotrypsinogen

- d) Procarboxypeptidase
3. What is the recommended daily fluid intake in liters per day for children 4–8 years
- a) 1.2 (about 5 cups)
  - a) 1.6 ( about 6 cups)
  - b) 1.4 ( about 5- 6 cups)
  - c) 1.0 (about 4 cups)
4. Height / length is key in nutritional assessments. Infantometer 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.
5. Mid upper arm circumference (MUAC) less than 11.5 cm signifies?
- a) Malnourished.
  - b) Adequate nutritional status.
  - c) Borderline.
  - d) All the above.
6. The following are essential amino acids except?
- a) Arginine, leucine, isoleucine.
  - b) Valine, arginine, lysine.
  - c) Arginine, glycine, cystein.
  - d) Methionine, phenylalanine, histidine.
7. Total fat consumed by infants fed on breast milk is :-
- a) 50% fat.
  - b) 20% fat
  - c) 35% fat.
  - d) 20 – 35 % fat.
8. 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
9. Shakir's tape reading below 11.5-12.5cm implies that the child has:

- a) Moderate malnutrition
  - b) Severe malnutrition
  - c) Mild malnutrition
  - d) Adequate nutritional status
10. 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
11. Nutrient intake that appears to sustain a defined nutritional state is;
- a) Adequate Intake (AI)
  - b) Upper Intake Level (UL)
  - c) Recommended Dietary Allowance (RDA)
  - d) Dietary Reference Intakes (DRIs)
12. Who performed the first scientific nutrition experiment in the year 1747?
- a) Antoine Lavoisier
  - b) James Lind
  - c) Anaxagoras
  - d) Claude Bernard
13. All the following are micronutrients **except**
- a) Minerals
  - b) Vitamins
  - c) Phytochemicals
  - d) Water
14. Which of the following is the sweetest sugar found in fruits and vegetables?

- a) Glucose
  - b) Fructose
  - c) Galactose
  - d) Lactose
15. Which of the following monosaccharides does not occur free in nature?
- a) Fructose.
  - b) Glucose.
  - c) Galactose.
  - d) Lactose.
16. ----- Occurs in the body as an intermediate product of starch digestion
- a) Maltose
  - b) Galactose.
  - c) sucrose
  - d) Lactose
17. 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
18. What is the daily energy requirement for a 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
19. BMI of 18.5 -24.9 kg/m<sup>2</sup> in classification of body mass means :-
- a. Class 11 obesity.
  - b. Underweight.
  - c. Class 1 obesity.
  - d. Normal weight.
20. 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

**B) SHORT ANSWER QUESTIONS (30MARKS).**

1. Outline four(4) roles of carbohydrate in the body (4marks)
2. State five (5) factors that can influence the Glycemic Index (GI) of a food (5marks)
3. Explain two (2) methods used in nutritional assessment (6marks)
4. State five (5) categories of people that require higher fluid intake (5marks)
5. State the deficiency disorders caused by the following vitamins (5marks)
  - a) Cyanocobalamin
  - b) Biotin
  - c) Retinol
  - d) Pyridoxine
  - e) Phylloquinone
6. State five (5) benefits of fat in the body (5marks)

**C) LONG ANSWER QUESTIONS (20MARKS).**

1. Giuseppe Archimboldo in 1573 stated *You Are What You Eat*
  - a. State six(6) importance of fat in the body (6marks)
  - b. State seven (7)Symptoms of kwashiorkor (7marks)
  - c. State seven (7) symptoms of marasmus (7marks)