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NMM 122



**MASINDE MULIRO UNIVERSITY OF  
SCIENCE AND TECHNOLOGY  
(MMUST)  
UNIVERSITY EXAMINATIONS  
2021 / 2022 ACADEMIC YEAR**

**FIRST YEAR SECOND TRIMESTER EXAMINATIONS  
FOR THE DEGREE OF  
BACHELOR OF SCIENCE IN MIDWIFERY (UPGRADING)**

**COURSE CODE: NMM 122**

**COURSE TITLE: LIFE CYCLE NUTRITION**

**DATE: TUESDAY, 19 / APRIL / 2022**

**TIME: 11.30 AM – 2.30PM**

**INSTRUCTIONS TO CANDIDATE**

- Write your registration no, on every piece of paper used. Do not write your name.
- Read carefully any additional instructions preceding each section.

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 5 Printed Pages. Please Turn Over.



**SECTION A: MULTIPLE CHOICE QUESTIONS (MCQS); 20 MARKS**

**Choose the most appropriate answer which gives you (1 mark)**

Q1. Maternal weight gain is usually monitored in pregnancy. Which of the following statements is/are true:

- a. Research to define pattern and level of optimal weight gain is ongoing
- b. Both inadequate and excessive weight gain are associated with poorer maternal and infant health outcomes
- c. Excessive maternal weight gain in pregnancy has been linked to obesity in the offspring
- d. all of the options given are correct

Q2. There is increasing concern about the importance of adequate nutrition in the pre-conception period to support a successful pregnancy. It is believed that:

- a. in the embryonic period the foetus is vulnerable to external factors in its environment
- b. the embryonic period often occurs before a woman knows she is pregnant
- c. interventions in late pregnancy may be too late to be effective
- d. all of the options given are correct

Q3. Which of the following nutrient supplements should a woman consume during pregnancy?

- a. Folic acid and Vitamin D
- b. Iron
- c. Vitamin A
- d. Vitamin K

Q4. How many calories should a woman eat each day during pregnancy?

- a. Less than 200 kCal
- b. An additional 200 kCal in the third trimester only
- c. An additional 200 kCal throughout pregnancy
- d. No change from pre-pregnant levels

Q5. Infants born to mothers who are vegan may be at increased risk of deficiency of which nutrient?

- a. Vitamin C
- b. Folate
- c. Vitamin B12
- d. Calcium

Q6. Ascorbic acid is essential for the formation of collagen

- a. True
- b. False

Q7. Iron deficiency anemia is associated with higher preterm births. The following statements are true about what a mother can do to receive adequate amount EXCEPT

- a. Intake 20mg/day
- b. Intake dark green leafy vegetables
- c. Intake lean meats, eggs
- d. Take iron supplements with orange juice

Q8. When food is given in the stomach or intestines directly then it is -----  
 nutrition

- a. Intravenous
- b. Saline
- c. Enteral
- d. Parenteral

Q9. A person who has had a renal transplant should regulate the intake of-----

- a. carbohydrate
- b. Proteins
- c. Fats
- d. Vitamins

Q10. A person suffering from high blood pressure should cut down on -----

- a. Sodium
- b. Potassium
- c. Calcium
- d. Magnesium

Q11. Long periods of parenteral nutrition is not recommended because it -----

- a. Increases the toxicity of blood
- b. Puts pressure on the kidney
- c. Puts pressure on the heart
- d. Causes the GI tract to degenerate

Q12. In a child suffering from marasmus, which of the following clinical manifestation is not observed?

- a. Watery diarrhoea with acid stools
- b. Subnormal temperature
- c. Visible peristalsis from thin abdominal wall
- d. Generalised oedema

Q13. A child has presented with growth retardation, inability to walk and bruises all over the body. Which of the following nutrients should be recommended as a supplement to the diet?

- a. Milk
- b. Egg York
- c. Citrus fruits
- d. Proteins

Q14. A 68- year- old male has been brought to the emergency in a state of coma. The patient is a known alcoholic from the past 10 years. A diagnosis of hepatic encephalopathy has been

made. Which of the following nutrient should be avoided so as to reduce the ammonia formation in the body?

- a. Protein
- b. Carbohydrates
- c. Fats
- d. Minerals and vitamins

Q15. The following factors should be considered when planning meals for the school aged child APART from one;

- a. Meals should be attractively served
- b. Serve meals in small portions
- c. Provide three large meals
- d. Meals should be balanced

Q16. Human most easily tolerate a lack of which of the following nutrient?

- a. Protein
- b. Carbohydrate
- c. Lipids
- d. Calcium

Q17. An adolescent girl has been diagnosed with anaemia and has come to you for advice. Advice her on the two nutrients she needs to correct her condition?

- a. Vitamin D and calcium
- b. Vitamin C and Iron
- c. Calcium and phosphorus
- d. Vitamin C and zinc

Q18. Amylases in saliva begin the breakdown of carbohydrates into;

- a. Fatty acid
- b. Polypeptides
- c. Amino acid
- d. Simple sugars

Q19. A 12-year-old patient complains of scaly sores, diarrhea, dementia, and dermatitis. The patient is MOST likely suffering from:

- a. Pernicious anemia
- b. Beriberi
- c. Pellagra
- d. Ariboflavinosis

Q20. Essential amino acids are

- a. Vitamins that dissolve in fat.
- b. The nine amino acids the body cannot produce
- c. The proteins that come from grains, legumes, nuts, and seeds
- d. The nine amino acids that the body can produce

## **SECTION B: SHORT ANSWER QUESTIONS (SAQS); 40 MARKS**



1. State eight (8) functions of micronutrients (8 marks)
2. Explain four (4) functions of dietary fiber (8 marks)
- Q3. State eight (8) functions of water in the body (8 marks)
- Q4. Outline eight (8) causes of malnutrition in Kenya (8 marks)
- Q5. Explain four (4) anthropometric measurements as used in nutritional status assessment (8 marks)

**SECTION C: LONG ESSAY QUESTIONS (LEQS); 40 MARKS**

Q1. Overweight and obesity have become a serious problem in Kenya predisposing pregnant women to complications during this period and even in labour as shown by the common occurrences of shoulder dystocia

- a) Explain five (5) factors contributing to overweight and obesity in Kenya (10 marks)
- b. Using dietary principles, discuss weight management (10 marks)

Q2. Cardiovascular diseases have been on the rise lately due poor lifestyle that has dominated today's generation. Discuss therefore the nutritional management of a person suffering from cardiovascular disease (20 marks)

*End*