



(University of Choice)

**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)**

KAKUMA CAMPUS MAIN EXAM

**UNIVERSITY EXAMINATIONS
2021/2022 ACADEMIC YEAR**

**SECOND YEAR FIRST SEMESTER MAIN EXAMINATIONS
FOR THE DEGREE
OF
BSC. HUMAN NUTRITION AND DIETETICS**

**COURSE CODE: HND 200
COURSE TITLE: MATERNAL AND CHILD HEALTH**

DATE: 27/04/2022 TIME: 12.00 – 2.00PM

INSTRUCTIONS TO CANDIDATES

Answer all questions in SECTION A and B
Answer only TWO questions in SECTION C
Read additional instructions under various sections

TIME: 2Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 5 Printed Pages Please Turn Over

HND 200: MATERNAL AND CHILD NUTRITION

SECTION A: ANSWER ALL QUESTIONS; EACH QUESTION CARRIES ONE MARK (10 MARKS)

1. Which of the following refers to the single cell that reproduces itself after conception?
 - A. Chromosome
 - B. Blastocyst
 - C. Zygote
 - D. Trophoblast
2. Which of the following pregnancy stages will the focus be mainly on physiologic changes, foetal development, sexuality, and nutrition?
 - A. Prepregnant period
 - B. First trimester
 - C. Second trimester
 - D. Third trimester
3. A lady who is 20 weeks pregnant is complaining of constipation all the time. Which of the following would you recommend?
 - A. Daily enemas
 - B. Laxatives
 - C. Increased fiber intake
 - D. Decreased fluid intake
4. Which of the following would be a disadvantage of breastfeeding?
 - A. The incidence of allergies increases due to maternal antibodies
 - B. The lactating mother is taken ill with goiter
 - C. The lactating mother conceives after 6 weeks
 - D. The mothers breasts are engorged with milk
5. Which of the following is a primary predisposing factor related to mastitis?
 - A. Breast injury caused by overdistention and cracking of the nipples
 - B. Breast engorgement
 - C. Frequent breastfeeding by infant
 - D. Infant suckling on the nipple only
6. What advice would you give to a first-time lactating mother who is complaining of sore nipples?

- A. Use soap and water to clean the nipples
 - B. Encourage her to wear a nursing brassiere
 - C. Administer a narcotic before breastfeeding
 - D. Breast feed more frequently and position nipple and part of areola in child's mouth
7. An expectant mother has been newly diagnosed with gestational diabetes. Which of the following instructions would be a priority?
- A. Medication
 - B. Dietary intake
 - C. Exercise
 - D. Glucose monitoring
8. A young 12-year-old teenage girl has been obese and the classmates have been laughing at her. She has currently decided to starve herself, so she is not eating so as to loose weight as soon as possible. She fainted and was rushed to hospital and the doctor diagnosed her with the following disease
- A. Bulimia
 - B. Anorexia Nervosa
 - C. Marasmus
 - D. Diabetes Mellitus
9. The first milk that a mother produces after delivery is known as:
- A. Hind milk
 - B. Fore milk
 - C. Mature milk
 - D. Colostrum
10. To produce a healthy infant, the mother should ideally have an adequate diet:
- A. During the 9 months she carries the infant
 - B. During the last trimester when the baby is growing so rapidly
 - C. During the second and third trimesters of pregnancy
 - D. Beginning months before conception occurs and continuing through the period of lactation

SECTION B: ANSWER ALL FIVE (5) QUESTIONS; EACH QUESTION CARRIES 6 MARKS EACH. (30 MARKS)

11. It has long been recognized that breast-fed infants are better protected against infections and have a better chance of survival than bottle fed babies. Explain (6 marks)

12. Giving reasons explain six reasons why mothers from extremely undernourished households have serious problems at birth (6 marks)

13. Discuss six challenges that babies who are weaned encounter (6 marks)

14. Give six reasons why it is important to prepare for pregnancy before conception (6 marks)

15. A mother who is severely malnourished is confirmed to be pregnant. Give three effects this will have on the foetus during the 1st trimester of gestation? (6 marks)

SECTION C: ANSWER ANY TWO (2) QUESTIONS; EACH QUESTION CARRIES 15 MARKS EACH. (30 MARKS)

16. Stunting affects 33% of children in Kenya despite improved maternal and child health. Advise pregnant mothers attending routine clinics on the causes of stunting and what they should do to have children free from stunting (15 marks)

17. Maternal mortality has continued to pose challenges to many developing countries. What are the global causes of maternal mortality and how can they be alleviated (15 marks)?

18. Mary has just delivered an extremely low birth weight baby who was incubated and fed through the tube for 3 months. The baby can now breast feed, but Mary is extremely poor.

- i. Assist her to plan a day's menu (breakfast, lunch, and supper) based on the cultural/household diet. In her household the cereal eaten for both ugali and porridge is sorghum, and the protein is a local domesticated pulse variety. She has one cow and consumes milk and ghee. She also gathers a lot of indigenous vegetables and fruits from her garden. (10 marks)
- ii. Give reasons for your choice menu choice. (5 marks)