



MASINDE MULIRO UNIVERSITY OF SCIENCE AND TECHNOLOGY (MMUST) MAIN CAMPUS

UNIVERSITY EXAMINATIONS 2021/2022 ACADEMIC YEAR

SECOND YEAR SECOND SEMESTER MAIN EXAMINATIONS FOR THE DEGREE

OF

BSC. HUMAN NUTRITION AND DIETETICS

COURSE CODE:

HND 209

COURSE TITLE:

PRINCIPLES OF COMMUNITY NUTRITION

DATE: 28/04/2022

TIME: 12.00 AM - 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 4 Printed Pages. Please Turn Over.

SECTION A: ANSWER ALL QUESTIONS IN THIS SECTION. EACH QUESTION IS 1 MARK

1.	In nutrition practice, the person responsible for planning, implementing, and even	valuating
	a specific health promotion program is a:	

- a) Community Nutritionist.
- b) Pharmacist.
- c) Dietician.
- d) Physician.
- 2. Night blindness and susceptibility to infection are the result of a deficiency of which vitamin?
 - a) Niacin.
 - b) Vitamin C.
 - c) Vitamin K.
 - d) Vitamin A.
- 3. A deficiency of ______ is one of the world's most preventable causes of mental retardation
 - a) Zinc.
 - b) Selenium.
 - c) Iodine.
 - d) Magnesium.
- 4. The most single predictor of an infant's future health and survival is:
 - a) The infants birth weight.
 - b) The infants iron status at birth.
 - c) The mother's weight at delivery
 - d) The mother's pregnancy weight.
- 5. During the first year of life, the most important step to undertake to encourage healthy eating is to:
 - a) Give food as a reward or for comfort.
 - b) Give sweets as a reward for eating vegetables.
 - c) Introduce a variety of nutritious foods in an inviting way.
 - d) All of the above.
- 6. The UNICEF model of 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.

- 7. The very important variable (s) for assessing nutrition status of under-fives is/are:
 - a) Weight.
 - b) Height.
 - c) Age.
 - d) All of the above.
- 8. Constant presence of disease in an area during a period of time is:
 - a) Endemic.
 - b) Epidemic.
 - c) Sporadic.
 - d) Pandemic.
- 9. Causes of malnutrition can be classified as immediate, underlying and root causes. Which of the following would be in the underlying class?
 - a) Low wages.
 - b) Unclean drinking water.
 - c) Sedentary life style.
 - d) All of the options listed are correct.
- 10. A community Nutritionist needs to collect data on food intake from clients. Which of the following would he/she use to obtain an estimate of typical food intakes of a small number of people?
 - a) Food diary.
 - b) Food frequency questionnaire.
 - c) 24-hour recall questionnaire.
 - d) Usual intake record.

SECTION B: ANSWER ALL QUESTIONS IN THIS SECTION. EACH QUESTION IS 6 MARKS.

- 11. Explain why nutrition assessment is necessary in a community.
- 12. Describe any two community-based nutrition interventions in your community.
- 13. Explain the reasons that can prompt you as a Community Nutritionist to carry out nutritional status assessment in your community.
- 14. Explain why the weight for height index is the best indicator to use in emergencies than MUAC.
- 15. Elaborate the criteria for assessing the impact of a problem in a community.

SECTION C: ANSWER TWO QUESTIONS IN THIS SECTION. EACH QUESTION IS 15 MARKS.

- 16. With relevant examples discuss extensively the indirect methods of nutrition status assessment in the community.
- 17. Elaborate the major dietary assessment methods giving relevant examples.
- 18. Explain the step-by-step guidelines for analyzing community health problems.