



MASINDE MULIRO UNIVERSITY OF SCIENCE AND TECHNOLOGY (MMUST)

MAIN CAMPUS
UNIVERSITY EXAMINATIONS
2021/2022 ACADEMIC YEAR
OF
MASTER OF PUBLIC HEALTH NUTRITION
MAIN EXAM

COURSE CODE: PHN 879

COURSE TITLE: BEHAVIORAL SCIENCES AND NUTRITION EDUCATION

DATE: 27/4/2022

TIME: 9-12

INSTRUCTIONS TO CANDIDATES

- a. This examination contains 5 long answer questions each 25 marks.
- b. Question 1 is compulsory, and choose any other 3 questions
- c. Write all answers in the answer booklet provided
- d. Write the university registration number on each piece of paper used.

MMUST observes **ZERO** tolerance to examination cheating.

INSTRUCTIONS TO CANDIDATES

This examination contains 5 long answer questions each 25 marks. Questions 1 is compulsory, and choose any other 3 questions (Total 100marks).

Compulsory Question

1. UNICEF has partnered with all the County governments in Kenya to promote exclusive breastfeeding for six months for mothers living with HIV& AIDS as a strategy of improving the health status of their infant
 - a. Describe the challenges of promoting this healthy behavior amongst these mothers (10marks)
 - b. Explain in details why these mothers may have unrealistic optimism as a behavioral outcome (15 marks)

Choose any 3 questions

2. Discuss the various stages of alcoholism and exploration of manifested effects observed on the alcoholic health status (25 marks)
3. Joan is a female adolescent who is suffering from anorexia nervosa. With detailed illustrations, describe FIVE methods used in understanding and addressing this nutrition related behavior (25 marks)
4. The performance of human brain is based on interplay of inherited genotype and external environmental factors.
 - a. Discuss the role of diet in brain development and performance (15 marks)
 - b. Explain in details the impact of diet on human performance (10 marks)
5. To determine factors that influence an audience's behavior choice and details about the specific factors is likely to affect the individual's willingness to change.
 - a. Explain in details the role of diet in brain development (10 marks)
 - b. Discuss the impact of optimal dietary intake on human performance (15 marks)