



(University of Choice)

MASINDE MULIRO UNIVERSITY OF SCIENCE AND TECHNOLOGY (MMUST)

MAIN CAMPUS

**UNIVERSITY EXAMINATIONS
2022/2023 ACADEMIC YEAR**

MAIN EXAMINATIONS

**THIRD YEAR SECOND SEMESTER EXAMINATIONS
FOR THE DIPLOMA
OF
HUMAN NUTRITION AND DIETETICS**

COURSE CODE: DND 086

COURSE TITLE: MATERNAL AND CHILD NUTRIION

DATE: 20/4/2023

TIME: 8:00- 10:00 A.M

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: 2 hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 3 Printed Pages. Please Turn Over.

SECTION A: This section consists of 10 multiple choice questions each 1mk, answer ALL the questions (TOTAL 10 marks)

1. Significant difference in fetal weight occurs mainly between the _____ and _____ weeks of pregnancy.
 - A. 25th, 40th
 - B. 9th, 16th
 - C. 1st, 8th
 - D. 17th and 24th
2. Infants born to vegan mothers may be at an increased risk of which nutrient deficiency?
 - A. vitamin c.
 - B. folate.
 - C. vitamin B12.
 - D. calcium.
3. The following are anti-infective properties in human milk **EXCEPT**:
 - A. Lactose.
 - B. white blood cells.
 - C. lysozyme.
 - D. immunoglobulin A.
4. What is the recommended intake of calcium for pregnant women under the age of 19?
 - A. 1100mg/day
 - B. 1000mg/day
 - C. 1200mg/day
 - D. 1300mg/day
5. Which **ONE** of the following foods is safe to be given to an infant as a complimentary food?
 - A. nuts
 - B. honey
 - C. boiled ages
 - D. none of the above
6. A full-term infant iron stores are usually depleted by:
 - A. 4 weeks
 - B. 3 months

- C. 6 months
 - D. 12 months
7. Why is Vitamin K routinely given to all infants at birth?
- A. To increase their blood volume.
 - B. To increase their folic acid.
 - C. To improve their blood clotting process.
 - D. To improve their iron status
8. _____ is an effect of smoking on breastfeeding.
- A. suppresses milk production.
 - B. alters the composition of breast milk.
 - C. increases the risk of early cessation of breastfeeding.
 - D. all the above
9. Intrauterine growth retardation is also referred to as _____.
- A. Low birth weight (LBW).
 - B. Very low birth weight (VLBW).
 - C. Pre-term birth.
 - D. Birth weight below a population threshold for gestational age.
10. A pregnant woman should take in _____ more calories than a non-pregnant woman.
- A. 150kcal/kg
 - B. 350kcal/kg
 - C. 100kca/kg
 - D. 50kcal/kg

**SECTION B: SHORT ANSWER QUESTIONS, EACH QUESTION IS 6 MKS,
ANSWER ALL THE QUESTIONS (TOTAL 30 marks)**

- 11. State **SIX** roles of the placenta during pregnancy (6mks)
- 12. Highlight **SIX** advantages of family planning to the mother (6mks)
- 13. List **SIX** common maternal nutrition problems (6mks)
- 14. Outline **SIX** advantages of exclusive breastfeeding to the infant (6mks)
- 15. Using the complementary feeding multi-mix principle, plan a two-course meal for 10-month-old baby (6mks)

SECTION C: LONG ANSWER QUESTIONS, ANSWER ANY TWO QUESTIONS (30 marks)

16. Discuss consequences of maternal malnutrition on:
 - a. The mother's health (8mks)
 - b. The infant's health (7mks)
17. Explain challenges that a breastfeeding mother might experience when she wrongly positions the baby on the breast stating how the above challenges can be corrected. (15mks)
18. using a well labelled diagram of the human breast, describe the process of milk production (15mks)