



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

**UNIVERSITY EXAMINATIONS
2023/2024 ACADEMIC YEAR**

**THIRD YEAR, FIRST SEMESTER MAIN EXAMINATION
FOR THE DIPLOMA/**

OF

HUMAN NUTRITION AND DETETICS

COURSE CODE: DND 070

COURSE TITLE: NUTRITION IN THE LIFE CYCLE

DATE: 14/12/2023

TIME: 2:00PM

INSTRUCTIONS TO CANDIDATES

Answer ALL questions in SECTION A and B

Answer any TWO questions from section C.

TIME: 2Hours

MMUST observes ZERO tolerance to examination Cheating
This paper consists FIVE printed Pages. Please Turn Over

SECTION A: ANSWER ALL QUESTIONS IN THIS SECTION. (10 MARKS)
SECTION A: Answer ALL the Questions in this section. (Total = 10 Marks)

1. Which nutrient is crucial for the development of the fetal nervous system during pregnancy?
 - a. Vitamin C.
 - b. Folate (Vitamin B9).
 - c. Vitamin D.
 - d. Iron.

2. What is the recommended source of nutrition for infants up to six months of age?
 - a. Cow's milk.
 - b. Solid foods.
 - c. Breast milk or formula.
 - d. Fruit juices.

3. During which life stage is there a higher need for calcium to support bone health?
 - a. Adolescence.
 - b. Infancy.
 - c. Adulthood.
 - d. Elderly years.

4. Which nutrient deficiency can lead to anemia and impaired cognitive development in children?
 - a. Vitamin C.
 - b. Vitamin B12.
 - c. Vitamin K.
 - d. Vitamin A.

5. What is a common nutritional concern for the elderly population?
 - a. High calcium intake.
 - b. Iron deficiency.
 - c. Vitamin D deficiency.
 - d. Excessive protein consumption.

6. Which nutrient is important for the prevention of neural tube defects in a developing fetus?
 - a. Calcium.
 - b. Vitamin D.
 - c. Folic acid.
 - d. Vitamin E.

7. In older adults, a reduction in this nutrient can lead to a loss of muscle mass and strength:
 - a. Protein.
 - b. Fiber.
 - c. Vitamin C.
 - d. Potassium.

8. The introduction of solid foods to an infant's diet typically begins around:
 - a. 2-3 months of age.
 - b. 6-8 months of age.
 - c. 12-18 months of age.
 - d. 24-36 months of age.

9. During pregnancy, which mineral becomes even more essential for bone development in the fetus?
 - a. Magnesium.
 - b. Zinc.
 - c. Iron.
 - d. Calcium.

10. What nutrient deficiency can lead to a condition known as rickets in children?
 - a. Vitamin C.
 - b. Vitamin D.
 - c. Vitamin K.
 - d. Vitamin B6.

SECTION B: Answer ALL the Questions in this section. (Total = 30 Marks)

11. High risk pregnancy factors include? (6 Marks)
12. What are some of the potential hazards of pregnancy? (6 Marks)
13. List the nutrition guidelines for lactating mothers? (6 Marks)
14. In the first six months of life mixed feeding (breastfeeding and introduction of other foods) is discouraged because of reasons such as? (6 Marks)
15. Using a table, give the recommended kilocalorie intake for adults with different nutrition status and level of activity. (6 Marks)

SECTION C: Answer ANY TWO Questions in this section. (Total = 30 Marks)

16. What are some of the pregnancy related complications and their management? (15 Marks)
17. Make a meal plan for a one year old and above and discuss it. (15 Marks)
18. Explain the common elderly person nutrition-related problems.(15 Marks)