



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

**UNIVERSITY EXAMINATIONS
2021/2022 ACADEMIC YEAR**

MAIN EXAM

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

COURSE CODE: HND103

COURSE TITLE: NUTRITION THROUGH THE LIFE CYCLE

DATE: 20/04/2022

TIME: 12:00- 2:00

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 -10 MULTIPLE CHOICE QUESTIONS EACH 1 MARK -TOTAL 10MARKS

1. Preschool-age children are children between the age _____ years.
 - A. 1 and 3.
 - B. 3 and 5.
 - C. 4 and 6.
 - D. 2 and 6.

2. The following are effects of undernutrition on the health and development of toddlers and preschool-age children **EXCEPT**;
 - A. it facilitates their achievement of full growth and developmental potential.
 - B. impairs children's cognitive development as well as their ability to explore their environment.
 - C. failure to thrive.
 - D. cognitive impairment.

3. _____ is called morula.
 - A. One cell formed at conception.
 - B. Eight cells formed 2-3 days after an ovum has been fertilized.
 - C. Two hundred and fifty cells formed day 6- 8 after conception.
 - D. An embryo that has implanted into the uterine wall.

4. The period of life characterized by profound biological, emotional, social, and cognitive changes during which a child develops into an adult is?
 - A. Preschool.
 - B. Pre- adolescence.
 - C. Adolescence.
 - D. Senescence.

5. The following is the correct development continuum of weight-related concerns and disorders.
 - A. Body dissatisfaction - Disordered eating - Dieting behaviors - Clinically significant eating disorders.
 - B. Body dissatisfaction - Disordered eating - Clinically significant eating disorders - Dieting behaviors.
 - C. Dieting behaviors- Body dissatisfaction - Disordered eating - Clinically significant eating disorders.
 - D. Body dissatisfaction - Dieting behaviors - Disordered eating - Clinically significant eating disorders.

6. The years between ages 20 and 64 are typically associated with _____.
 - A. negative energy balance.
 - B. increase in weight and adiposity .
 - C. Increase in muscle mass.
 - D. Increase in height

7. Nutritional advice to adults should encourage them to;

15. Caloric needs of infants vary from birth to 12 months, List Factors that account for this range in caloric needs [6 marks]

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

16. Discuss the phenomenon 'Dietary habits during adulthood can raise or lower risk of chronic diseases'. [15 marks]

17.

- a. Define adolescence. [1 mark]
- b. Describe **FOUR** biological changes that occur during puberty for each of the following genders; males and females. [8 marks]
- c. Discuss how the following factors affect eating patterns and behaviors of adolescents.
 - i. Personal factors [2 marks]
 - ii. Environmental factors [2 marks]
 - iii. Macrosystem factors [2 marks]

18. Discuss conditions that potentially place older adults at nutritional risk. [15 marks]