



PAMIBIA UNIVERSITY
OF SCIENCE AND TECHNOLOGY

FACULTY OF HEALTH AND APPLIED SCIENCES

DEPARTMENT OF HEALTH SCIENCES

QUALIFICATION: BACHELOR OF HUMAN NUTRITION	
QUALIFICATION CODE: 08BOHN	LEVEL: 6
COURSE CODE: FSN 611S	COURSE NAME: FOOD SECURITY AND NURITION
SESSION: JUNE 2019	PAPER: THEORY
DURATION: 3 HOURS	MARKS: 100

FIRST OPPORTUNITY EXAMINATION QUESTION PAPER	
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INSTRUCTIONS
<ol style="list-style-type: none">1. Answer ALL the questions.2. Write clearly and neatly.3. Number the answers clearly.

PERMISSIBLE MATERIALS

NONE

THIS QUESTION PAPER CONSISTS OF 6 PAGES (Including this front page)

SECTION A

QUESTION 1

(20 MARKS)

Select the most appropriate answer from the options provided. (Each correct answer earns 1 mark)

- 1.1 Of the following years, when was the United Nations Universal Declaration of Human rights document enacted:
 - a. 1945
 - b. 1960
 - c. 1948.
 - d. 1930.

- 1.2 The planet earth produces enough food of adequate quality to feed the world's entire population:
 - a. True
 - b. False

- 1.3 Of the following micronutrient deficiencies, which is the leading cause of mental development disorders in young children in the world:
 - a. Vitamin A deficiency
 - b. Iron deficiency anaemia
 - c. Iodine deficiency disorders
 - d. Zinc deficiency

- 1.4 Food security at national level may not necessarily translate into household food security:
 - a. False
 - b. True

- 1.5 The following are characteristics of chronic food insecurity except:
 - a. People are unable to meet their minimum food requirements over an extended period of time
 - b. There is a sudden drop in the ability to produce or access enough food to maintain a good nutritional status
 - c. People go through extended period of poverty and have inadequate access to productive resources
 - d. It's persistent over an extended period of time

- 1.6 Under the United Nations Committee on Economic, Social and Cultural Rights of 1999, States are obliged to respect the rights to food of its people. Of the following statements, which one best explains the meaning of “*State’s obligation to respect rights to food*”:
- States should enforce appropriate laws to stop third parties from violating the right to food of others
 - States must engage in activities that strengthen people’s access to and utilization of resources to facilitate their ability to feed themselves
 - States should not take any arbitrarily measures to deprive people of their right to food
 - All of the above
- 1.7 The following are the direct indicators used to measure household food insecurity:
- Food frequency and 24 hour recall
 - Coping strategies and dietary diversity score
 - Dietary diversity score and food frequency
 - All of the above
- 1.8 Which of the following best explains people’s entitlements to food:
- The term refers to social welfare programmes such as the fair price food shops in Zimbabwe
 - It means the pathways through which people access food, whether by production, purchase, social protection programmes or other means
 - When countries enact right-to-food legislation, then people are entitled to food
 - The term is a reference to agrarian reform programmes that provide farmers with land titles
- 1.9 According to United Nations Committee on Economic, Social and Cultural Rights, the right to food has the following elements expect:
- Accessibility
 - Availability
 - Adequacy
 - Utilization
- 1.10 Based on FAO forecasts on global milk production, it’s expected that milk production will increase from 580 million tons to-----million tons by 2050:
- 1090
 - 1043
 - 930
 - None of the above

- 1.11 Which of the following is true about adaptation measures to climatic change:
- Adaption measures are universal and can be applied in all geographical contexts
 - Adaption measures are not universal and cannot be applied to all geographical contexts
 - These measures are not effective on climatic change and cannot be applied in all geographical contexts
 - None of the above
- 1.12 Based on the Namibia Health and Demographic Survey, 2013, the prevalence of wasting in Namibia is:
- 13%
 - 6%
 - 3%
 - 24%
- 1.13 The Alma Declaration hoped for:
- Democracy in South Africa
 - Health for all by 2020
 - End to the cholera outbreak in England
 - The Karks to be allowed to continue their work
- 1.14 All the following are the top 5 causes of death in Namibia except:
- HIV/AIDS
 - Tuberculosis
 - Myocardial infarction
 - Cerebrovascular disease
 - Motor vehicle accidents
- 1.15 The effects of stunting on child especially in the first 1000 days of life can be corrected with good nutrition in the later years:
- True
 - False
- 1.16 A person's ability to have meaningful interactions with other people with whom they come into contact is referred to as:
- Physical health
 - Spiritual health
 - Social health
 - Emotional health

- 1.17 Which of the following models of health would approach a patient with symptoms of diarrhea by looking at risk factors such as clean water and food sources:
- Social model
 - Lay model
 - Health and illness continuum model
 - Traditional model
- 1.18 Which of the following is the best long term and sustainable mitigation measures to food insecurity at household level:
- Food aid
 - Empowerment through education
 - Pest and vector control
 - None of the above
- 1.19 Obesity can best be explained as:
- Body mass index greater than 30
 - Body mass index less than 25
 - Body mass index less or equal to 30
 - None of the above
- 1.20 Based on World Health Organization, which is the best age to start providing Vitamin A supplements to children under five years of age:
- 12 months
 - 6 months
 - 15 months
 - None of the above

SECTION B

QUESTION 2

(36 MARKS)

- 2.1 Explain the following terms as they relate to food security and nutrition:
- 2.1.1 Human rights (2)
 - 2.1.2 Wasting (2)
 - 2.1.3 Over nutrition (2)
 - 2.1.4 Hunger (2)
 - 2.1.5 Climate change mitigation (2)
- 2.2 Define the term "stunting". (2)
- 2.3 Explain the health effects of stunting on children under five years of age. (10)
- 2.4 Outline five (5) ways of addressing wasting in children under five years of age. (10)
- 2.5 Outline four (4) characteristics of transitory food insecurity. (4)

SECTION C

QUESTION 3

(6 MARKS)

This section consists of one case scenario, use it to answer the respective questions.

3.1 Havanah is an informal settlement with a population of which 2500 children under five years of age, 530 pregnant women and 1350 are lactating mothers. It was also found out that 10% of children and 5% of pregnant mothers had night blindness and 23% of pregnant mothers were anaemic. Hygiene and sanitation is very poor with 65% of the population practicing open defecation. Hand washing was low at 20% and access to clean water was poor with majority of households obtaining water from open springs. There is high rates of malnutrition with stunting and wasting twice the national average (24%).

(6)

3.1.1 Name type of malnutrition affecting the children and mothers in Havanah. (3)

3.1.2 Name are the main causes of malnutrition in this informal settlement (3)

SECTION C

QUESTION 4

(38 MARKS)

4.1 Discuss the causes of food insecurity at household level. (10)

5.2 Discuss the various ways the state can ensure the right to food of its people. (6)

5.3 Discuss (3) elements that have to be fulfilled for an individual to attain right to food. (6)

5.4 Outline the six (6) characteristics of climatic change. (6)

5.5 Discuss five (5) ways of addressing Vitamin A deficiency in the community. (10)

GOOD LUCK!