



PAMIBIA UNIVERSITY
OF SCIENCE AND TECHNOLOGY

FACULTY OF HEALTH, APPLIED SCIENCES AND NATURAL RESOURCES

DEPARTMENT OF HEALTH SCIENCES

QUALIFICATION : BACHELOR OF HUMAN NUTRITION	
QUALIFICATION CODE: 08BOHN	LEVEL: 7
COURSE CODE: HNT711S	COURSE NAME: HUMAN NUTRITION I
SESSION: JULY 2022	PAPER: THEORY
DURATION: 3 HOURS	MARKS: 100

SUPPLEMENTARY/SECOND OPPORTUNITY EXAMINATION-QUESTION PAPER	
EXAMINER(S)	MR WALIOMUZIBU MUKISA GEORGE WILLIAM
MODERATOR:	MR ERICK UUKULE

INSTRUCTIONS
1. Answer ALL the questions. 2. Write clearly and neatly. 3. Number the answers clearly.

PERMISSIBLE MATERIALS

NONE

THIS QUESTION PAPER CONSISTS OF 4 PAGES (Including this front page)

SECTION A:**(39 MARKS)**

Read each question completely, and on your ANSWER SHEET, next to the question number, please write the full answer to the questions.

QUESTION 1.**(39 MARKS)**

- 1.1 Step 1 and step 4 of the Nutrition Care Process do include the same domains and data. Only domain V is exclusively covered in step 1.

Please explain:

- 1.1.1 Why does it make sense to re-collect the same data at the assessment, as well as during and at the end of the care process (4 mark)
- 1.1.2 Why does it NOT make sense to re-capture the data of domain V (2 mark)
- 1.2 Based on the WHO weight for height Z-score (WHZ), classify the nutritional status of individuals in the table below (5 marks)

Z-score	<-3	≥-3 to<-2	≥-2to≤+2	>+2to≤+3	>+3
classification					

- 1.3 Outline the four (4) types of nutritional assessment (4 marks)
- 1.4 Outline three (3) situations in the body that contribute to insulin resistance (6 marks)
- 1.5 Outline five (5) principles of ethical practice of public health (5 marks)
- 1.6 Outline five (5) ways of controlling metabolic syndrome (5 mark)
- 1.7 Outline the steps followed to measure the mid upper arm circumference of child (8 marks)

QUESTION 2.**(31 MARKS)**

Read each question completely, and on your ANSWER SHEET, next to the question number, please write the full answer to the questions.

- 2.1 Explain five (5) theories of ethics (10 marks)
- 2.2 Explain the term as applied to nutrition assessment counseling and support
- 2.2.1 Nutrition counselling (4 marks)
- 2.2.2 Nutrition support (4 marks)
- 2.3 Explain the difference between bioethics and morality (4 marks)
- 2.4 Outline five (5) examples of ethical dilemmas (5 marks)
- 2.5 Explain the difference between deontology and utilitarianism as applied to ethical theories (4 marks)

SECTION B: (30 MARKS)

QUESTION 3 (30 MARKS)

Read the following essay and answer the questions that follow

The Nutrition Care Process (NCP) is a systematic method to provide nutrition care. The use of the NCP can lead to more efficient and effective care.

- 3.1 Please name one advantage for each of the four steps of the NCP (8 marks)
- Tipp: Think about how the NCP helps you as a professional.
- 3.1.1 NCP Nutrition Assessment (2 marks)
- 3.1.2 NCP Nutrition Diagnosis (2 marks)
- 3.1.3 NCP Nutrition Intervention (2 marks)
- 3.1.4 NCP Nutrition Monitoring and Evaluation (2 marks)
- 3.2 Traditional rural diets are high in carbohydrate and mainly plant-based. Animal-source protein foods are rather expensive and scarcely available. Iron-deficiency anemia

threatens children, young girls and women before and during pregnancy. Iron supplementation is inevitably needed and offered in the health center. People from the rural villages, resp. pregnant women and mothers with young children, often had to walk one to two hours to the health care center, resulting in a perception that trips to the health care center for regular controls were low priority.

- 3.2.1 Name the nutrient and the food group related to the problem in this situation. (3 marks)
 - 3.2.2 Identify two other topic that influence the situation others than the intake of food respectively nutrients. (4 marks)
 - 3.2.3 Note one type of intervention that might ameliorate the health of those affected. (2 marks)
- 3.3 To which of the three domains of NCP-Nutrition Intervention do the following measures required in a case point? (5 marks)
- 3.3.1 Modification of diet: (1 mark)
 - 3.3.2 Instruction on nutrition's influence on health: (1 mark)
 - 3.3.3 A supportive process to establish a healthier diet with the client: (1 mark)
 - 3.3.4 Facilitating services with other professionals: (1 mark)
 - 3.3.5 Interventions designed to improve the nutritional well-being in defined settings: (1 mark)
- 3.4 Outline four (4) importance of nutrition assessment (4 marks)
- 4.2 Explain the difference between ethics and the law (4 marks)

!!!!!!!!!!!!GOOD LUCK!!!!!!!!!!!!