



**NAMIBIA 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: 5
COURSE NAME: INTRODUCTION TO FOODS, NUTRITION AND HEALTH	COURSE CODE: IFN521S
SESSION: NOVEMBER 2022	PAPER: THEORY
DURATION: 3 HOURS	MARKS: 100

FIRST OPPORTUNITY QUESTION PAPER	
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INSTRUCTIONS	
1. Answer ALL the questions. 2. Write clearly and neatly. 3. Number the answers clearly.	

PERMISSIBLE MATERIALS

NONE

THIS QUESTION PAPER CONSISTS OF 7 PAGES (including this front page)

SECTION A

QUESTION 1

(10 MARKS)

Evaluate the following statements in each numbered section and select the most appropriate answer from the given possibilities. Write the appropriate letter next to the number of the statement/phase in the ANSWER BOOK. *(Each question carries 1 mark.)*

- 1.1 Which of the following methods of nutritional assessment use community indices to determine the nutritional status of the population:
 - a. Anthropometric method
 - b. Clinical method
 - c. Indirect method
 - d. Direct method

- 1.2 The following are keyways of preventing iron deficiency anaemia in children and women of childbearing age except:
 - a. Deworming
 - b. Fortification
 - c. Promotion of breastfeeding
 - d. Promotion of vegetable consumption

- 1.3 Which of the following methods of nutritional assessment involves taking body measurements:
 - a. Clinical method
 - b. Anthropometric method
 - c. Biochemical method
 - d. Dietary method

- 1.4 Hidden hunger can also be referred to as:
 - a. Protein energy malnutrition
 - b. macronutrient malnutrition
 - c. vitamin A deficiency
 - d. none of the above

- 1.5 Recumbent length involves:
- measurement of child's height while the child is standing
 - measurement of child's height while the interviewer is bending
 - measurement of the child's height while the child is bending
 - measurement of child's height while the child is lying down
- 1.6 Which of the following BMI cut off points indicates that the individual is underweight:
- ≥ 18.5
 - $\leq 18.5 - \geq 20$
 - ≤ 18.5
 - None of the above
- 1.8 Bilateral pitting oedema is a clinical sign of:
- marasmus
 - pregnancy induced fluid accumulation
 - micronutrient deficiency
 - none of the above
- 1.9 Which of the following anthropometric measurements is more precise in predicting mortality:
- MUAC
 - BMI
 - waist circumference
 - waist hip ratio
- 1.10 Which of the following categories of malnutrition results into growth retardation in children in the first 1000 days:
- wasting and underweight
 - stunting and wasting
 - stunting and underweight
 - none of the above

- 1.11 Which of the following are not a sign of marasmus:
- a muscle wasting and baggy pants
 - b moon face and brown hair
 - c visible ribs and old man's face
 - d monkey face and baggy pants
- 1.12 Which of the following are examples of water-soluble vitamins:
- a. vitamin B₁ and B₆
 - b. vitamin E and A
 - c. vitamin B₃ and A
 - d. vitamin K and B₆
- 1.13 Which of the following terms refers to the balance between nutrition requirements and nutritional intake:
- a nutritional assessment
 - b balance of nutrients
 - c optimal nutritional status
 - d none of the above
- 1.14 The window of opportunity for the child is a period:
- a. From childbirth up to three years of age
 - b. From conception up to two years of age
 - c. From one year up to three years of age
 - d. From 6 months up to two years of age
- 1.15 A child that has Z-scores of between -2 to -3 can be categorised as having:
- a. normal nutritional status
 - b. severe acute malnutrition
 - c. moderate acute malnutrition
 - d. severe and moderate acute malnutrition

- 1.16 It is recommended that a patient that presents with severe acute malnutrition without medical complication is treated as:
- a. Inpatient therapeutic care
 - b. Outpatient therapeutic care
 - c. Both as inpatient therapeutic and outpatient therapeutic care
 - d. None of the above
- 1.17 Hypothermia can also be referred to as:
- a. Low blood sugar
 - b. High blood sugar
 - c. low body temperature
 - d. low blood sugar and low body temperature
- 1.18 Which of the following dietary assessment methods involve taking records of foods consumed on daily basis:
- a. Food frequency questionnaire
 - b. Dietary history
 - c. observed food consumption
 - d. None of the above
- 1.19 Which of the following is an example of indirect nutrition assessment method:
- a. taking individual height and weight
 - b. assessing sanitation and hygiene practices
 - c. taking a 24-hour recall
 - d. assessing the body mass index
- 1.20 In measurement of food quantities, 1 g is equivalent to:
- a. 28.35 ounce
 - b. 0.95 ounce
 - c. 0.04 ounce
 - d. None of the above

SECTION A

QUESTION 2

(10 MARKS)

Assess the following statements and decide whether they are **true or false**. Write only the number of the question and next to it indicate your answer as **true or false** in the ANSWER BOOK. (Each question carries **1 mark**)

- 2.1 On the food pyramid, food groups at the base of the pyramid should be consumed less.
- 2.2 Potassium is the most important inorganic compound in the body.
- 2.3 It is not recommended to increase protein and fat intake for HIV positive individuals.
- 2.4 Breastfeeding is not recommended for HIV positive mothers due to high risk of mother-baby transmission.
- 2.5 Poverty and malnutrition form a vicious cycle.
- 2.6 The asymptomatic phase of HIV does not involve muscle wasting.
- 2.7 The window of opportunity for a child can also be referred to as the first 1000 days.
- 2.8 Alcohol can be metabolised and stored in the body.
- 2.9 Diet quality is determined based on the type of food consumed and not necessarily balance of nutrients.
- 2.10 The waist circumference is measured at the level above the umbilicus.

SECTION B

QUESTION 3

(40 MARKS)

- 3.1 Explain the following terms and concepts.
 - 3.1.1 Stunting. (2)
 - 3.1.2 Wasting. (2)
 - 3.1.3 Malnutrition. (2)
 - 3.1.4 Underweight. (2)
 - 3.1.5 Nutritional status. (2)
- 3.2 Explain the steps followed in determining the height of children below 2 years. (5)

- 3.3 Outline four (4) purposes of nutritional assessment. (4)
- 3.4 Outline four (4) effects of stunting on the child (4)
- 3.5 Draw a food pyramid and label it based on the various food groups (7)
- 3.6 Explain the vicious cycle of malnutrition and HIV (10)

SECTION C

QUESTION 4

(18 MARKS)

- 4.1 Complete in full the following terms used in nutritional assessment and Treatment.
- 4.1.1 MUAC (2)
- 4.1.2 WHR (2)
- 4.1.3 RUSF (2)
- 4.1.4 OTP (2)
- 4.2 The first year Human Nutrition students of Department of Health Sciences were tasked to determine the nutritional status of teachers of St. George School. It was found out that one of the female teachers weighed 55000g and had height of 1520mm.
- 4.2.1 Determine the BMI of the teacher. (4)
- 4.2.2 Determine the nutritional status of the teacher and explain your answer. (2)
- 4.2.3 Outline the MUAC cut off points for moderate acute malnutrition and severe acute malnutrition. (4)

SECTION D

QUESTION 5

(12 MARKS)

- 5.1 Explain the following functions of food.
- 5.1.1 Social function. (4)
- 5.1.2 Physiological function (4)
- 5.1.3 Psychological function. (4)

GOOD LUCK!!!