



ΠΑΜΙΒΙΑ 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: NTL 611S	COURSE NAME: NUTRITION THROUGH THE LIFE CYCLE
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 8 PAGES (Including this front page)

SECTION A: TRUE-FALSE/FILL-IN-THE-BLANK/MULTIPLE-CHOICE
(40 MARKS)

QUESTION 1. TRUE-FALSE QUESTIONS [10 MARKS]

Evaluate the statements in each numbered section and determine whether the statement is true or false. Next to the question number, on your ANSWER SHEET, fill in the appropriate answer, using T for True, and a F for false for of the statement/phrase. (1x10=10)

- 1.1 Babies swallow amniotic fluid while still in the womb.
- 1.2 Between one and three years of life, the growth rate slows down compared to the first year of life.
- 1.3 Babies need to move from breastfeeding to bottlefeeding before weaning.
- 1.4 Men who are obese have a high increase in liver cancer risk.
- 1.5 Eating pickled/fermented foods decrease cancer risk.
- 1.6 In terms of infant mortality rates, technological advances in medical care have made a greater impact than nutrition or social change.
- 1.7 Small amounts of alcohol taken during pregnancy can lead to fetal alcohol syndrome.
- 1.8 Exercise should be discouraged during pregnancy to avoid harm to the baby.
- 1.9 Family meal time is not as important once a child reaches adolescence.
- 1.10 Most adolescents do not get enough calcium in their diet.

QUESTION 2. FILL-IN-THE-BLANK QUESTIONS [20 MARKS]

Read the statements in each numbered section and fill in the blank appropriately by writing in the word, or words, onto your ANSWER SHEET that best fit the statement. (1x20=20)

- 2.1 After a baby is born, we continue to see improvement in _____, which is the coordinated muscular contraction leading to movement of food down the digestive tract.
- 2.2 Babies who are exclusively breastfed miss out on the city's supplemented water supply, and may need to take _____ supplements to support their teeth.
- 2.3 High _____ levels in toddlers can result from consuming peeling paint from older homes.

- 2.4 It is recommended that children get at least _____ minutes of physical activity daily.
- 2.5 It is recommended that screen time be limited to less than _____ hours per day for children.
- 2.6 _____ are chemical substances in foods that are made up of chains of amino acids.
- 2.7 _____ are 'friendly' bacteria that enter food product during formation and aging processes, such as when making buttermilk or cottage cheese.
- 2.8 _____ is often supplemented during pregnancy to prevent neural tube defects.
- 2.9 High levels of _____ can result in jaundice in babies.
- 2.10 Obesity is defined as a BMI greater than _____.
- 2.11 In aging men, there is a decrease in _____ levels, which can result in a decrease in muscle mass.
- 2.12 If using birth control pills while breastfeeding, it is better to select one that contains only _____.
- 2.13 _____ is the hormone secreted to cause milk production by the breast.
- 2.14 _____ is the hormone secreted to cause milk ejection by the breast.
- 2.15 A _____ is a cap-like structure on the end of chromosomes which gradually erodes with replication, contributing to the aging process.
- 2.16 Unstable oxygen molecules produced during metabolism can produce dangerous _____ which can cause cellular damage.
- 2.17 The ability to bounce-back, or recover from stress or illness is called _____.
- 2.18 The ability to manage life's activities of daily living, such as grocery shopping or preparing meals, is called one's _____.

- 2.19 Increasing fibre intake, drinking plenty of fluids and taking gentle exercise can help alleviate the condition of _____, which is a common complaint during pregnancy.
- 2.20 _____ in pregnancy can have negative effects on mothers and babies, and is often caused by iron-deficiency.

QUESTION 3. MULTIPLE CHOICE QUESTIONS

[10 MARKS]

Evaluate the statements in each numbered section and select the most appropriate answer or phrase from the given possibilities. Next to the question number, fill in the appropriate letter of the correct statement/phrase on your ANSWER SHEET.

(1x10=10)

- 3.1 Children begin enjoying strategy games during:
- A. Infancy
 - B. Toddler Age
 - C. Preschool
 - D. School-Age
 - E. Preadolescence
- 3.2 Children have learned 100 words during:
- A. Infancy
 - B. Toddler Age
 - C. Preschool
 - D. School-Age
 - E. Preadolescence
- 3.3 Children may start struggling with eating disorders during:
- A. Infancy
 - B. Toddler Age
 - C. Preschool
 - D. School-Age
 - E. Preadolescence

- 3.4 The following food would be classified as an "eat-more" food according to the worksheet we used from Precision Nutrition:
- A. Extra virgin olive oil
 - B. Sunflower oil
 - C. Partially hydrogenated soybean oil
 - D. Coconut oil
 - E. Canola oil
- 3.5 The following food would be classified as an "eat-some" food according to the worksheet we used from Precision Nutrition:
- A. Pretzels
 - B. Buckwheat
 - C. Quinoa
 - D. White Rice
 - E. Crackers
- 3.6 The following food would be classified as an "eat-less" food according to the worksheet we used from Precision Nutrition:
- A. Protein powders
 - B. Chicken nuggets
 - C. Fish
 - D. Eggs
 - E. Wild game
- 3.7 In the "Use Your Hands" technique of calculating food portions, a protein portion is the size of a person's:
- A. Thumb
 - B. Palm
 - C. Cupped Hand
 - D. Fist
 - E. First finger
- 3.8 In the "Use Your Hands" technique of calculating food portions, a fat portion is the size of a person's:
- A. Thumb
 - B. Palm
 - C. Cupped Hand
 - D. Fist
 - E. First finger

- 3.9 In the "Use Your Hands" technique of calculating food portions, a starch/high-carbohydrate portion is the size of a person's:
- A. Thumb
 - B. Palm
 - C. Cupped Hand
 - D. Fist
 - E. First finger
- 3.10 In the "Use Your Hands" technique of calculating food portions, a vegetable portion is the size of a person's:
- A. Thumb
 - B. Palm
 - C. Cupped Hand
 - D. Fist
 - E. First finger

SECTION B: SHORT/LONG ANSWER QUESTIONS (30 MARKS)

QUESTION 4

[30 MARKS]

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

- 4.1 List four (4) benefits of breastfeeding for babies. (4)
- 4.2 List four (4) benefits of breastfeeding for mothers. (4)
- 4.3 List three (3) functions of the placenta. (3)
- 4.4 List the four components of an individual nutrition assessment. (4)
- 4.5 List the four processes that link obesity to cardiovascular disease, based on the video we watched in class. (4)
- 4.6 What are four (4) benefits of regular family mealtimes together? (4)
- 4.7 List the four (4) main physiological changes that occur during puberty in females. (4)
- 4.8 List three (3) changes in the nervous system of older adults that can threaten their nutritional status. (3)

SECTION C: SCENARIO BASED QUESTIONS (30 MARKS)

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

SCENARIO 1

[16 MARKS]

Your 22-year-old cousin is pregnant, and wants to make sure she does what she needs to do to take good care of this baby. Her last menstrual period began on the 7-December, 2018.

- 4.1 When is her baby due, based on Naegle's rule? (2)
- 4.2 What dietary changes does she need to make? (4)
- 4.3 She is considering whether or not to breastfeed, and asks your advice. What does the AAP recommend in terms of duration of breastfeeding? (2)

- 4.4 What supplements might the baby need if she chooses to breastfeed rather than to exclusively bottlefeed? (2)
- 4.5 She is quite overweight, but says her husband likes her this way. What are some health risks she might face in her own health if she continues to be overweight? (3)
- 4.6 She doesn't like taking medicine, and prefers herbal products. What are three (3) herbal products that may be harmful to her pregnancy? (3)

SCENARIO 2

[14 MARKS]

You are asked to speak at the Nigerian Embassy in Windhoek to the staff, as the Ambassador is concerned about the overall health and fitness of its staff. After sharing a basic overview of a healthy diet and exercise, some of the staff meet you one by one to talk with you after your presentation.

- 4.7 The first person is a single mother with a teenage daughter. She is worried the daughter may have an eating disorder. Explain to her the differences between anorexia nervosa, bulimia nervosa, and binge-eating disorders. Also recommend for her one way she as a parent can promote healthy body image in her daughter. (4)
- 4.8 The second person has an elderly father living with her, who no longer seems to enjoy life, and she wants him to really live fully in his last years alive, and to live as long as he can. Based on the Blue Zones book we discussed in class, what are five (5) habits you can recommend for him to prolong life while at the same time making it more enjoyable? (5)
- 4.9 The third person is responsible for community outreach efforts for the embassy. He wonders why there are still so many problems with malnutrition in the nation. Share with him five (5) of the challenges faced by the changing world we live in, based on the UNICEF strategy document we discussed in class. (5)

GOOD LUCK!