



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: PHC 711S	COURSE NAME: PRINCIPLES OF PRIMARY HEALTH CARE NUTRITION
SESSION: JULY 2022	PAPER: THEORY
DURATION: 3 HOURS	MARKS: 100

SUPPLEMENTARY/SECOND OPPORTUNITY EXAMINATION QUESTION PAPER	
EXAMINER(S)	MRS MARI-LOUISE JEFFERY
MODERATOR:	MR GEORGE WALIOMUZIBU MUKIZA

<p style="text-align: center;">INSTRUCTIONS</p> <ol style="list-style-type: none">1. Answer ALL the questions.2. Write clearly and neatly.3. Number the answers clearly.

PERMISSIBLE MATERIALS

SCIENTIFIC CALCULATOR

THIS QUESTION PAPER CONSISTS OF 5 PAGES (Including this front page)

SECTION A

QUESTION 1

(10 MARKS)

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

- 1.1 The 2012 WHO growth standards for children are based on data from the WHO Multicentre Growth Reference Study (MGRS) study conducted during 1997 - 2003 in six sites.
- a. True
 - b. False
- 1.2 Nutritional health is maintained by a state of equilibrium when nutrient intake is balanced by nutritional requirements:
- a. True
 - b. False
- 1.3 A weight-for-height Z-score below -2SD is generally interpreted as severely stunted:
- a. True
 - b. False
- 1.4 Satiety tells us to stop eating:
- a. True
 - b. False
- 1.5 The total energy that the body expends reflects energy expended for basal metabolism, physical activity and food consumption:
- a. True
 - b. False
- 1.6 Factors that influence energy expenditure include:
- a. Gender
 - b. Age

- c. Growth
- d. Physical activity
- e. All of the above

1.7 To avoid unhealthy weight gain:

- a. Total fat should not exceed 30% of total energy intake.
- b. Intake of saturated fats should be less than 10% of total energy intake.
- c. Intake of trans-fats less than 15% of total energy intake.
- d. All of the above.
- e. A and B
- f. B and C

1.8 Healthy meal plans should provide:

- a. Energy
- b. Macronutrients
- c. Fruit juice
- d. Sugar sweetened beverages
- e. A and B
- f. C and D

1.9 Eating whole grains reduces the risk of heart disease and helps children of all ages grow at a healthy weight and avoid constipation:

- a. True
- b. False

1.10 Sunlight is not a good source of vitamin D:

- a. True
- b. False

QUESTION 2**(14 MARKS)**

2.1 Define the following terms:

- a. Nutrition screening (3 marks)
- b. Stadiometer (2 marks)
- c. Amylin (2 marks)
- d. Pancreatic polypeptide (3 marks)
- e. Non-communicable diseases (2 marks)
- f. Basal metabolic rate (2 marks)

SECTION B**QUESTION 3****(30 MARKS)**

- 3.1 List seven (7) factors that should be considered when compiling the food and nutrient intake section of a nutrition assessment form. (7 marks)
- 3.2 Discuss practical advice that you would offer to a client aiming to reduce his/her sugar intake with relevant examples. (4 marks)
- 3.3 Name the Namibian Food Based Dietary Guidelines. (10 marks)
- 3.4 Complete the table below (9 marks)

<u>System or tissue</u>	<u>Physical finding</u>	<u>Possible nutrient deficiency / excess</u>
General	Poor wound healing	a)
Hair	Alopecia	b)
Hair	Sparce hair	c)
Skin	Follicular hyperkeratosis	d)
Nails	Koilonychia	e)
Mouth and lips	Cheilosis	f)
Eyes	Bitot's spots	g)
Neurologic	Ataxia	h)
Skeletal	Bone tenderness	i)

QUESTION 4**(29 MARKS)**

- 4.1 Discuss the primary care dietary principles for adults. (10marks)
- 4.2 Elderly members of the community often suffer from constipation.
Name five (5) reasons for this and how they can overcome it through dietary interventions. (9 marks)
- 4.3 Discuss the fluid requirements in the elderly and how adequate intake can be achieved. (10 marks)

SECTION C**QUESTION 5****(17 MARKS)**

A 25-year-old male, Mr. Du Plessis, was diagnosed with familial hyperlipidemia.

His anthropometric measurements are:

Height: 1.85 m

Weight: 72 kg

Weight 8 months ago: 69 kg

- 5.1 Calculate and interpret his:
- a) Body mass index (3 marks)
 - b) Ideal body weight range (3 marks)
 - c) % Usual body weight (3 marks)
 - d) % Ideal body weight (3 marks)
- 5.2 It was suggested that Mr. Du Plessis be placed on a low fat diet and an exercise programme of moderate activity three times a week.
Calculate his total energy expenditure requirements using the Harris Benedict equation with an activity factor of 1.7.
BEE (kcal) for males: = $66.5 + (13,75 \times W) + (5.0 \times H) - (6,78 \times Y)$ (5marks)

GOOD LUCK