



**NAMIBIA UNIVERSITY  
OF SCIENCE AND TECHNOLOGY**

**FACULTY OF HEALTH, APPLIED SCIENCES AND NATURAL RESOURCES**

**DEPARTMENT OF HEALTH SCIENCES**

<b>QUALIFICATION : BACHELOR OF HUMAN NUTRITION</b>	
<b>QUALIFICATION CODE: 08BOHN</b>	<b>LEVEL: 6</b>
<b>COURSE CODE: NTL611S</b>	<b>COURSE NAME: Nutrition Through The Life Cycle</b>
<b>SESSION: JULY 2022</b>	<b>PAPER: THEORY</b>
<b>DURATION: 3 HOURS</b>	<b>MARKS: 100</b>

<b>SUPPLEMENTARY/SECOND OPPORTUNITY EXAMINATION-QUESTION PAPER</b>	
<b>EXAMINER(S)</b>	DR. FRANCIS FARAI CHIKUSE
<b>MODERATOR:</b>	MR. WALIOMUZIBU MUKISA GEORGE WILLIAM

<b>INSTRUCTIONS</b>
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:****(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, fill in the appropriate answer, using T for True, and a F for false for of the statement/phrase.*

- 1.1 Vitamin D supplements should be given to pregnant women.
- 1.2 Breast development begins at birth.
- 1.3 Bilirubinemia can be reduced by encouraging early and frequent breastfeeding.
- 1.4 By 6 months, infants' birthweight must increase twice and thrice by 12 months.
- 1.5 Adequate carbohydrates, fats, and proteins for breastfeeding mothers consists of 55%, 35% and 15% respectively.
- 1.6 Nipple Shields can improve milk transfer and breast-feeding duration.
- 1.7 Fat and oils are made up of various type of triglycerides, which consists of three fatty acid and glycerol.
- 1.8 Prebiotics are fibre like, indigestible carbohydrates that are broken down by bacteria in colon.
- 1.9 Population-wide improvements in infectious disease control and availability of safe and nutritious foods have corresponded to increased infant mortality than have technological advances in medical care.
10. Naegele's rule for estimated delivery date= First day of the last menstrual period + 14 days minus 3 months plus one year.

**QUESTION 2. MULTIPLE CHOICE QUESTIONS****[30 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*

- 2.1 A good supply of this is needed along with phosphorus, magnesium, and Vitamin D for fetal development of bones and teeth, as well as the mother's own body needs. Also aids in the clotting of blood:
  - A. Calcium
  - B. Iron
  - C. Iodine
  - D. Folate
- 2.2 The doctor tells Esther that her baby weighs less than 2500 g and needs special care. What do you think the doctor's diagnosis on the baby's weight would be:
  - A. Extremely Low Birth Weight
  - B. Very Low Birth Weight
  - C. Low Birth Weight
  - D. Preterm

- 2.3 Which of the following is not a fat-soluble vitamin:  
A. Vitamin A  
B. Vitamin C  
C. Vitamin D  
D. Vitamin E
- 2.4 Which of the following is not a carcinogenic diet:  
A. Low fruits and vegetables  
B. High antioxidants (especially Vit A/C)  
C. Low intake of whole grains/fiber  
D. High dietary fat intake
- 2.5 Marara a female aged 42 years has a Body Mass Index of 19 kg/m<sup>2</sup> What is the interpretation:  
A. Obese  
B. Overweight  
C. Normal  
D. Underweight
- 2.6 Protein is the fundamental tissue-building substance of the body and for the first 6 months of life, the protein requirements of an infant are:  
A. 0.8 g/kg  
B. 1.6 g/kg  
C. 2.2 g/kg  
D. None of the above
- 2.7 What is recommended proteins allowance during the 6 -12 months of life:  
A. 1.6 g/kg  
B. 2.2 g/kg  
C. 0.8 g/kg  
D. 90 to 110 kcal/g
- 2.8 Jasmine is an infant who loves to eat finger foods such as nuts, grapes, carrots, popcorn, and round candy. Her mom or dad should:  
A. Allow her to have those finger foods.  
B. Keep them away from her for careful use only with the older child  
C. Monitor her while she eats those foods.  
D. Mix them with liquids and have her enjoy the taste.
- 2.9 Average daily iron intake from foods and supplements in children and teens aged 12–19 years is:  
A. 13.3 mg/day  
B. 14.3 mg/day  
C. 15.3 mg/day  
D. 16.3 mg/day

- 2.10 What is the most common cause of megaloblastic anaemia in old people:
- A. Reduced Vitamin D absorption
  - B. Reduced Vitamin B6 absorption
  - C. Reduced Vitamin B12 absorption
  - D. Reduced Vitamin C absorption
- 2.11. Which of the following is not a fat-soluble vitamin:
- A. Vitamin A
  - B. Vitamin C
  - C. Vitamin D
  - D. Vitamin E
- 2.12. Excess fat-soluble vitamins typically accumulate in the:
- A. Liver
  - B. Muscle
  - C. Small intestine
  - D. Pancreas
- 2.13. Replacing lost nutrients in foods is called:
- A. Fortification
  - B. Pasteurization
  - C. Enrichment
  - D. Modification
- 2.14. Which one is not a function of dietary fiber:
- A. Nourishes gut bacteria
  - B. Increases feelings of fullness longer
  - C. Provide energy
  - D. Decreases cancer risk
- 2.15. Which vitamin is primarily responsible for blood clotting:
- A. Vitamin A
  - B. Vitamin C
  - C. Vitamin E
  - D. Vitamin K
- 2.16. Spina bifida and heart disease have been associated with a deficiency in which of the following:
- A. Niacin
  - B. Riboflavin
  - C. Folate
  - D. Pantothenic acid
- 2.17. Overall, water is somewhere between \_\_\_\_\_% of a person's body weight:
- A. 15 and 20

- B. 30 and 50
  - C. 45 and 75
  - D. 75 and 90
- 2.18. Too much water in spaces surrounding cells is known as:
- A. Osmosis
  - B. Ions
  - C. Edema
  - D. Cations
- 2.19. Absorption of minerals can be limited by each of the following factors except:
- A. Physiological need
  - B. Presence of competing minerals
  - C. Presence of hypertension or osteoporosis
  - D. Presence of fiber
- 2.20. The most sodium in a typical Namibian diet comes from:
- A. Table salt
  - B. Sauces and condiments
  - C. Processed food
  - D. Smoked meat and cheeses
- 2.21. Which mineral is responsible for making muscles contract or relax:
- A. Boron
  - B. Magnesium
  - C. Sodium
  - D. Calcium
- 2.22. Which mineral is known for transporting oxygen in blood:
- A. Iron
  - B. Zinc
  - C. Copper
  - D. Calcium
- 2.23. Which mineral deficiency is the most common worldwide:
- A. Sodium
  - B. Phosphorus
  - C. Iron
  - D. Calcium
- 2.24. Over 99% of calcium in the body is found within the:
- A. Liver and spleen
  - B. Muscles and skin
  - C. Bones and teeth
  - D. Stomach and small intestine



- 2.25. Which of the following is not considered a pathogenic organism:  
A. Bacteria  
B. Virus  
C. Chemicals  
D. Parasites
- 2.26. Which is not considered a common food allergen:  
A. Milk  
B. Peanut  
C. Soya beans  
D. Chicken
- 2.27. Which is added to foods to prevent spoilage and increase shelf life:  
A. Pasteurization  
B. Preservation  
C. Irradiation  
D. Microorganism
- 2.28. Lactose, disaccharide e.g., milk sugar is made up of which 2 monosaccharides:  
A. Glucose and Galactose  
B. Glucose and Fructose  
C. Glucose and Maltose  
D. Glucose and Sucrose
- 2.29. Which of the following is a water-soluble vitamin:  
A. Vitamin A  
B. Vitamin C  
C. Vitamin D  
D. Vitamin E
- 2.30. Which one of the following is not a common problem in adult nutrition:  
A. Malaria  
B. Obesity  
C. Diabetes  
D. Dyslipidemia

**SECTION B: SHORT/LONG ANSWER QUESTIONS**

**(60 MARKS)**

**QUESTION 3**

**[25 MARKS]**

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

- 3.1 List three (3) risk factors of Type 2 Diabetes Mellitus? (3 marks)
- 3.2 Name four (4) complications of Type 2 Diabetes Mellitus (4 marks)

- 3.3 Mary is a 23-year-old pregnant woman, and she asks you how much she should exercise and how she should exercise during pregnancy. Give an outline on how and how much she should exercise during pregnancy (4marks)
- 3.4 After Mary delivers her baby, she would like to breastfeed, but likes occasionally drinking alcohol and coffee. How would you advise her? (4 marks)
- 3.5 List the benefits of breastfeeding to the:
- i) Mother (4 marks)
  - ii) Infants and Children (4 marks)
  - iii) Families and Society (2 marks)

**QUESTION 4**

**[35 MARKS]**

- 4.1 Define and name two (2) causes of each of the following eating concerns and disorders?
- a. Anorexia nervosa (3 marks)
  - b. Bulimia nervosa (3 marks)
  - c. Binge-eating disorder (BED): (3 marks)
- 4.2 Aging is characterised by body composition changes that can alter lifestyle and these changes may modify nutritional needs.
- a. Name four (4) physiological changes associated with aging (4 marks)
  - b. Name four (4) gastrointestinal changes associated with aging (4 marks)
- 4.3 One strategy to treat old people with heart diseases is to substitute saturated fatty acids with polyunsaturated fats (PUFA) and monounsaturated fats (MUFA). Define polyunsaturated fats (PUFA) and monounsaturated fats (MUFA) and state two (2) sources of each. (6 marks)
- 4.4 Name four (4) nutritional problems associated with school aged children and toddlers (4 marks)
- 4.5 Outline four (4) problems in infant nutrition (8 marks)

**!!!!!!!!!!!!GOOD LUCKY!!!!!!!!!!!!**