



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: 6
COURSE CODE: NTL611S	COURSE NAME: Nutrition Through The Life Cycle
SESSION: JUNE 2022	PAPER: THEORY
DURATION: 3 HOURS	MARKS: 103

FIRST OPPORTUNITY EXAMINATION-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 8 PAGES (Including this front page)

QUESTION 1. TRUE-FALSE QUESTIONS**[10 MARKS]**

Evaluate the statements in each numbered section and determine whether the statement is true or false. On the answer sheet, fill in the appropriate answer, using T for True, and a F for False statement/phrase. (1x10=10)

- 1.1 Low level alcohol units taken during pregnancy can lead to fetal alcohol syndrome
- 1.2 Acute exercises during pregnancy causes harm to the baby
- 1.3 Folic acid supplements are required in pregnant women to prevent neural tube defects
- 1.4 Docosahexaenoic acid (DHA) is a type of omega-6 fat.
- 1.5 Vitamin A supplements should be given to pregnant women
- 1.6 Breast development begins at puberty
- 1.7 Bilirubinemia can be reduced by encouraging early and frequent breastfeeding
- 1.8 By 6 months, normal infants' birthweight must increase twice and thrice by 12 months
- 1.9 Adequate carbohydrates, fats, and proteins for breastfeeding mothers consists of 55%, 35% and 15% respectively
- 1.10 Nipple Shields can improve milk transfer and breast-feeding duration

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 This process maintains vigor and wholeness of body structure and function, increases learning, and strengthens mental capacities:
 - A. Psychosocial Development
 - B. Physical Growth
 - C. Socio-economic Status
 - D. Nutritional Needs
- 2.2 Children have learned 100 words during:
 - A. Infancy
 - B. Toddler Age
 - C. Preschool
 - D. School-Age
- 2.3 Children may start struggling with eating disorders during:
 - A. Preadolescence
 - B. Toddler Age
 - C. Preschool
 - D. School-Age

- 2.4 During these years, there is generally a gradual loss of functioning cells with reduced cell metabolism:
- A. During young adulthood
 - B. During older adulthood
 - C. During middle adulthood
 - D. Both B and C
- 2.5 Because of gradual loss of functioning body cells and reduced physical activity, adults generally require less of this as they grow older:
- A. Vitamins
 - B. Minerals
 - C. Energy
 - D. All of the Above
- 2.6 Is the process or condition of growing old as individuals get old at different rates and in different ways, depending on their genetic heritage and their health and nutrition resources of past years:
- A. Menopause
 - B. Senescence
 - C. Senility
 - D. None of the above
- 2.7 This is an irregular eating habit in kids:
- A. Food jags where there are brief sprees or binges of eating one particular food
 - B. Skipped meals or lack of interest in foods
 - C. Overeating high fat starched food.
 - D. All of the above
- 2.8 Body fat _____ as one ages:
- A. Decreases
 - B. Stays the same
 - C. Increases
 - D. Stabilizes
- 2.9 Nutrition therapy in the elderly has different goals than at other times across the lifespan. What is a primary goal of diet intervention for the elderly:
- A. Maintain quality of life
 - B. Prolong life
 - C. Prevent the development of complications
 - D. Treat chronic disease

- 2.10 A client is trying to understand where cheese fits into the MyPlate for older adults. The nutritionist explains that according to this plan, cheese is in which sections:
- A. Essential nutrients
 - B. Protein
 - C. Milk
 - D. Dairy
- 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**(43 MARKS)****QUESTION 3****[43 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 four (4) benefits of breastfeeding for babies. (4 marks)
- 3.2 List four (4) benefits of breastfeeding for mothers. (4 marks)
- 3.3 List three (3) functions of the placenta. (3 marks)
- 3.4 List the four (4) components of an individual nutrition assessment. (4 marks)
- 3.5 What are four (4) benefits of regular family mealtimes together? (4 marks)
- 3.6 List the four (4) main physiological changes that occur during puberty in females. (4 marks)
- 3.7 List four (4) changes in the nervous system of older adults that can threaten their nutritional status. (4 marks)
- 3.8 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)
- 3.9 Name four (4) nutritional problems associated with school aged children and toddlers (4 marks)
- 3.10 List four (4) problems in infant nutrition (4 marks)

SECTION C: CASE STUDY**(20 MARKS)****QUESTION 4****[20 MARKS]**

Carefully read the following case study and answer the questions that follow.

Mrs. A is a 48-year-old Zimbabwean woman with obesity. Insulin treatment was initiated two years ago after development of background retinopathy and peripheral neuropathy. Her mother died from a myocardial infarction (MI) at the age of sixty-eight, and her brother also developed an MI, at the age of fifty-five. Regarding her social history, Mrs. A works as a manager at FNB bank. Her job involves about ten hours of sitting during weekdays. She lives with her husband in a private house, and they usually spend nights watching TV, and at weekends they usually relax in the garden of their home. On most days, they order their

shopping online. She is a smoker and occasionally drinks 5 units of alcohol daily. On conducting a physical examination, she was found to weigh 94 kg, her height is 160 cm. She eats cereal with semi-skimmed milk or two pieces of toast with butter and jam for breakfast. She usually has her lunch at work. She eats a ready-made sandwich and drinks a diet coke. In the evening, she usually eats a jacket potato with rice or meat with rice. Before bed, she has four digestive biscuits. At work, she usually takes irregular snacks of chocolate or butter pastries whenever she feels hungry.

- 4.1 Discuss Mrs. A 's comorbidities (3 marks)
- 4.2 What are the risk factors of these comorbidities presented in this case study? (6 marks)
- 4.3 Calculate her Body Mass Index (BMI) and comment on you answer (3 marks)
- 4.4 Name one measurements that can be done to assess obesity-related Comorbidities and risk factors (2 marks)
- 4.5 Outline a plausible primary nutritional plan for Mrs. A to manage her conditions (6 marks)

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