



**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: 7
COURSE CODE: HTN721S	COURSE NAME: HUMAN NUTRITION II
SESSION: JANUARY 2023	PAPER: THEORY
DURATION: 3 HOURS	MARKS: 100

SUPPLEMENTARY/ SECOND OPPORTUNITY QUESTION PAPER	
EXAMINER:	MR GEORGE W MUKISA
MODERATOR:	MR ERICK UUKULE

INSTRUCTIONS	
1. Answer ALL the questions. 2. Write clearly and neatly. 3. Number the answers clearly.	

PERMISSIBLE MATERIALS

NONE

THIS MEMORANDUM CONSISTS OF 3 PAGES (Including this front page)

SECTION A

QUESTION 1

(7 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)*

- 1.1. Organic disorders have a hard to define emotional and psychological component
- 1.2. Peritrophic chronic gastritis causes the mucosa to be dull, nodular and irregular with frequent hemorrhages
- 1.3. Gas absorption occurs in colonic and ileum walls
- 1.4. Spastic constipation can be caused by prolonged use of laxatives
- 1.5. Like vitamin C, phytates can facilitate absorption of iron in the gastrointestinal tract
- 1.6. In a hospital setting, it is possible for a nutritionist to work independently to deliver quality nutrition services
- 1.7. Dietary history and biochemical data are part of medical history important during patient nutritional assessment.

SECTION B

QUESTION 2

(52 MARKS)

- 2.1 Differentiate between following terms and concepts.
 - 2.1.1 Zero order rate process and first order rate process (4)
 - 2.1.2 Acute esophagitis and chronic esophagitis (4)
 - 2.1.3 Nutrition care process and nutrition care plan (4)
 - 2.1.4 Therapeutic diet and normal diet (4)
 - 2.1.5 Qualitative diet and quantitative diet (4)
 - 2.1.6 Hemorrhoids and ulcers (4)
- 2.2 Explain five (5) types of diabetes mellitus (10)
- 2.3 Explain the important of exercise in the management of diabetes mellitus (10)
- 2.4 Explain the nutritional care for patients with carcinoma of the stomach (8)

QUESTION 3**(25 MARKS)**

- 3.1 Evaluate the symptoms of the gastrointestinal disorders and fill in the corresponding disorders in the table below (7)

	Symptoms	Disorder
3.1.1	Ingestion of solid food causes distress but liquids do not	
3.1.2	Difficulty in swallowing; food sticks in throat	
3.1.3	Epigastric pain when eating	
3.1.4	Pain 2-5 hours after a meal, relieved upon eating	
3.1.5	Abdominal pain several hours after a fatty meal	
3.1.6	Cramps, distention and flatulence several hours after drinking milk	
3.1.7	heartburn, after a fatty meal	

- 3.2 Outline four (4) steps the drug undergoes after ingestion (4)
- 3.3 Outline four (4) causes of excessive gas in the gastrointestinal tract (4)
- 3.4 Outline four (4) advantages of conducting an assessment of a patient with gastrointestinal disorders (4)
- 3.5 Outline six (6) principles of nutrition care for patients with peptic ulcers (6)

SECTION C**QUESTION 4****(16 MARKS)**

- 4.1 Outline five (5) predisposing factors for ulcers (5)
- 4.2 Outline five (5) foods that affect lower esophageal sphincter (LES) pressure (5)
- 4.3 Outline three (3) effects of excessive intake of vitamins and minerals during pregnancy (3)
- 4.4 Oral contraceptives are known to affect nutrient metabolism. List three (3) factors that influence the effect of oral contraceptives on nutrient metabolism (3)

GOOD LUCK!!!