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QUALIFICATION : BACHELOR OF HUMAN NUTRITION	
QUALIFICATION CODE: 08BOHN	LEVEL: 7
COURSE: HUMAN NUTRITION 2	COURSE CODE: HTN721S
DATE: JANUARY 2025	SESSION: 1
DURATION: 3 HOURS	MARKS: 100

SECOND OPPORTUNITY/SUPPLEMENTARY EXAMINATION: QUESTION PAPER

EXAMINER: **MRS MARI-LOUISE JEFFERY**

MODERATOR: **MRS MARJORIE VAN WYK**

INSTRUCTIONS (*add other relevant instructions*):

1. Answer all questions on the separate answer sheet.
2. Please write neatly and legibly.
3. Do not use the left side margin of the exam paper. This must be allowed for the examiner.
4. No books, notes and other additional aids are allowed.
5. Mark all answers clearly with their respective question numbers.

PERMISSIBLE MATERIALS:

1. Non-programmable scientific calculator

ATTACHMENTS

NONE

This paper consists of 5 pages including this front page

SECTION A: MULTIPLE CHOICE AND TRUE / FALSE**[20 MARKS]****QUESTION 1: MULTIPLE CHOICE QUESTIONS****[10 MARKS]**

Evaluate the statements in each numbered section and select the most appropriate answer or phrase from the given possibilities. Fill in the appropriate letter next to the number of the correct statement/phrase on your ANSWER SHEET. [10]

1.1 Which of the following can cause esophagitis: [1]

- a) Excessive alcohol consumption
- b) Viral infections
- c) Acid reflux
- d) All of the above

1.2 What is the best way to manage a food allergy: [1]

- a) Avoiding the allergenic food completely
- b) Eating small amounts of the allergenic food
- c) Taking over-the-counter medication before eating
- d) Ignoring symptoms if they are mild

1.3 A hiatal hernia occurs when: [1]

- a) The stomach bulges through the diaphragm into the chest cavity
- b) There is inflammation of the stomach lining
- c) A part of the intestine twists
- d) The esophagus becomes blocked

1.4 Lactose intolerance is a type of food intolerance that affects the body's ability to digest: [1]

- a) Gluten
- b) Dairy
- c) Nuts
- d) Eggs

1.5 What is a common effect of taking antibiotics on nutrient absorption: [1]

- a) Increased absorption of vitamins
- b) Disruption of gut bacteria, leading to decreased absorption of nutrients
- c) No effect on nutrient absorption
- d) Enhanced absorption of fats

1.6 Which of the following is a common cause of constipation: [1]

- a) High-fiber diet
- b) Lack of physical activity
- c) Drinking plenty of fluids
- d) Consuming a lot of fruits and vegetables

1.7 What is the main difference between a food allergy and a food intolerance: [1]

- a) Food allergies are less serious than food intolerances
- b) Food allergies involve the immune system; food intolerances do not
- c) Food intolerances always cause severe symptoms
- d) Food intolerances are caused by bacteria

1.8 Which of the following can cause diarrhea: [1]

- a) Viral infections
- b) Food intolerances
- c) Bacterial infections
- d) All of the above

1.9 Which of the following statements accurately describes the interaction between warfarin and vitamin K: [1]

- a) Increased vitamin K intake can enhance the effectiveness of warfarin, leading to better blood clotting
- b) Decreased vitamin K intake can decrease the effectiveness of warfarin, increasing the risk of bleeding
- c) Warfarin works by directly increasing vitamin K levels in the body
- d) Consuming foods high in vitamin K has no impact on warfarin therapy

1.10 Which of the following factors is MOST likely to contribute to the development of malnutrition in older adults: [1]

- a) Increased physical activity
- b) Changes in taste and smell
- c) Consistent meal schedules
- d) Adequate hydration

QUESTION 2: TRUE/FALSE QUESTIONS

[10 MARKS]

Evaluate the statements and select whether the statement is true or false. Write the word 'True' or 'False' next to the corresponding number on your ANSWER SHEET. [10]

2.1 Metabolic syndrome is characterized by a cluster of conditions that increase the risk of heart disease, stroke, and diabetes.

2.2 Type 1 diabetes is primarily caused by lifestyle factors and obesity.

2.3 High intake of dairy products is a significant risk factor for developing gout.

- 2.4 Nutritional interventions for malnutrition should be tailored to the individual's specific needs and health conditions.
- 2.5 Insulin resistance is a key component of metabolic syndrome and can lead to increased levels of triglycerides.
- 2.6 Weight loss surgery is a recommended treatment option for all individuals with obesity.
- 2.7 Inflammatory bowel disease (IBD) includes both Crohn's disease and ulcerative colitis, which have similar symptoms but different treatment approaches.
- 2.8 A pregnant woman with severe acute malnutrition (SAM) should be admitted in a health care facility until her body mass index exceeds 18.5 kg/m².
- 2.9 A child with stunted growth may still be classified as having normal weight for their age.
- 2.10 The Nutrition Care Process requires regular follow-up appointments.

SECTION B: SHORT / LONG ANSWER QUESTIONS

[80 MARKS]

Please answer ALL of the questions in this section.

QUESTION 3:

[46 MARKS]

- 3.1 Describe the spectrum of non-alcoholic fatty liver disease (NAFLD) and outline the treatment recommendations [11]
- 3.2 With the aid of a schematic diagram, outline the outcomes and all the determinants of maternal and child nutrition. [21]
- 3.3 Analyse the essential components of Polycystic Ovarian Syndrome (PCOS) by addressing the following aspects: [14]
- a) Key features
 - b) Diagnostic criteria

QUESTION 4:

[34 MARKS]

- 4.1 A 45-year-old woman presents with fatigue, hair loss, and brittle nails. She reports a diet low in fruits and vegetables and frequently skips meals. What would be an appropriate PES statement for her nutrition diagnosis? [6]

4.2 A 50-year-old sedentary man with type 2 diabetes mellitus is looking for guidance on how to manage his condition through dietary changes.

- a) Using the anthropometric measurements below, calculate his BMI (include the interpretation), energy requirements and recommended macronutrient allowances in grams. [23]

Anthropometry: weight 75 kg, height 1.85m

$BMR = 66.5 + (13.75 \times \text{weight in kg}) + (5.0 \times \text{height in cm}) - (6.75 \times \text{age in years})$

Physical Activity factor: 1.2

- b) Further discuss how his carbohydrates should be distributed throughout the day, with relevant examples, to maintain stable blood glucose levels. [5]

END OF PAPER