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**MURANG’A UNIVERSITY OF TECHNOLOGY**

**SCHOOL OF HEALTH SCIENCES**

**UNIVERSITY EXAMINATION FOR THE BACHELOR IN COMMUNITY HEALTH AND DEVELOPMENT AND PUBLIC HEALTH**

**YEAR 3 SEMESTER 1**

**UNIT CODE: HCD 3313**

**UNIT TITLE: HEALTH AND NUTRITION**

**EXAM VENUE: 9TH FLOOR**

**DATE: 18/4/2017**

**TIME: 2HOURS**

**EXAM SESSION:**

**INSTRUCTIONS**

**1. Answer all questions in section A and any other 2 questions in Section B.**

**2.Candidates are advised not to write on the question paper**

**3.Candidates must hand in their answer booklets to the invigilator while in the examination room**

**SECTION A. Answer all questions in this section**

1. a)Explain the meaning of - healthy eating? (1mks)

 b) State the 2 major causes of Vitamin A deficiency (2marks)

 2) State three major causes of protein energy under nutrition (3marks)

4) State any three advantages of clinical nutritional assessment (3marks)

5) Suggest any three interventions that you would recommend for institutionalized elderly patients with protein energy under-nutrition (3 marks)

6) State any three groups of food which create a healthy meal? (3mks)

7) State any three nutrition-related factors that affect health? (3 mks)

8). Explain any three main biological factors that influence nutrient needs of an individual (3marks)

9) State any three practical ways of improving the nutritional status of the population or subgroups in the population? (3mks)

10). State any three nutrition polices that can be adopted to improve health of children nationally ? (3mks

**SECTION B**

**Answer any two questions**

1a) Distinguish between the fat-soluble and water-soluble vitamins in terms of structures, sources, requirements, functions and deficiency symptoms (5 marks)

b). You have been left to carry out home based care for your brother who is bed ridden with HIV/AIDS. Describe the dietary requirements you would recommend (15 marks)

2. Explain the five advantages and disadvantages of anthropometry as a nutritional status assessment method (20 marks)

2. Describe how you would measure waist/hip ratio and body mass index, giving correct interpretation (20marks)

3. Discuss any four causes and symptoms of iron deficiency (20 marks)

 4. Discuss any four basic principles of nutrition (20 marks).