

C-1



MASENO UNIVERSITY
UNIVERSITY EXAMINATIONS 2016/2017

**FIRST YEAR FIRST SEMESTER EXAMINATION FOR THE DEGREE OF
MASTER OF SCIENCE IN COMMUNITY NUTRITION AND
DEVELOPMENT WITH INFORMATION TECHNOLOGY**

CITY CAMPUS – REGULAR

PPN 813: MATERNAL AND CHILD NUTRITION

Date: 9th December, 2016

Time: 9.00 - 12.00pm

INSTRUCTIONS:

- Answer ALL Questions in Section A and B in the spaces provided in the question paper.
- Answer TWO Questions in Section C in the answer booklet



ANSWER SHEET FOR (TRUE/FALSE) QUESTIONS

REG. NO _____

COURSE CODE AND TITLE _____

SECTION _____

	T	F		T	F
1			6		
2			7		
3			8		
4			9		
5			10		

SECTION A (20 MARKS)

ANSWER ALL QUESTIONS IN THIS SECTION

Indicate with a tick, whether the following statements are true/false (10 Marks)

- MCQ1.** Maternal Nutrition influences foetal growth and birthweight, of present and future generations.
- MCQ2.** Child growth does not determine nutritional status during pregnancy.
- MCQ3.** Foetal undernourishment hardly leads to increased prevalence of coronary heart disease, raised lipids, obesity and decreased glucose tolerance in adult life.
- MCQ4.** The risks of maternal and neonatal mortality are much greater for adult women than adolescents.
- MCQ5.** Menarche is not a good marker for optimal readiness to reproduce.
- MCQ6.** Feedback inhibitor of lactation (FIL), which is present in breast milk enables women to adjust milk synthesis to the amount withdrawn by their infants.

MCQ7. During the colostrum period, concentrations of fat and lactose decrease, while those of protein and minerals increase.

MCQ8. Micronutrient content of human breast milk is insensitive to differences in maternal nutrition.

MCQ9. Compared with the milk of other mammals, human milk contains a very low concentration of protein.

MCQ10. Lipids are the second largest component of breast milk and contribute to the energy content of human milk.

SECTION B (10 Marks)

Answer all questions in this section in the booklet provided

AQ11. State at least **FIVE (5)** ways by which breast milk's bioactive factors augment the infant's immature systems and provide protection against infection. **(5 Mrks)**

AQ12. Outline **FOUR (4)** functions of proteins in human milk **(2 Mrks)**

AQ13. Lactating women are considered at high risk of energy and nutrient inadequacies. Name at least **SIX (6)** groups of lactating women who may need special nutritional attention. **(3 Mrks)**

SECTION C (40 MARKS)

Answer any TWO (2) questions in the answer booklet provided.

AQ14.

a) Pregnancy during adolescence carries many health risks. Discuss **(5Mrks)**

b) Maternal and child nutrition are vital in breaking the cycle of malnutrition. Discuss

THREE (3) vital interventions for Adolescent Nutritional Status(15Mrks)

LAQ15.

Breastfeeding is vital in the growth and development of children. Explain important aspects of breastfeeding guided by the following factors:

- a) At least **THREE(3)** physiological and emotional benefits of skin to skin contact during breastfeeding.(3Mrks)
- b) Signs that breastfeeding is going well (7 Mrks)
- c) How to store expressed breast milk (10 Mrks)

LAQ16.

- a) Discuss **FIVE (5)** points to consider when preparing suitable water for making up powdered feeds (**10Mrks**)
- b) Storing prepared infant formula is no longer recommended and feeds should be made up fresh each time. Discuss the **THREE (3)** acceptable Methods of sterilizing infant feeding equipment(**10 Mrks**)