

**W1-2-60-1-6**

**JOMO KENYATTA UNIVERSITY OF AGRICULTURE AND TECHNOLOGY**

**UNIVERSITY EXAMINATIONS 2014/2015**

**THIRD YEAR FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE IN FOOD SCIENCE AND NUTRITION**

# AFN 2304: NUTRITION IN THE LIFE CYCLE

**DATE: DECEMBER, 2014**  **TIME: 2 HOURS**

**INSTRUCTIONS: Answer ALL Questions in Section A and Any TWO Questions in Section B.**

**Section A (30 Marks)**

**Question One**

a) briefly discuss why exclusive breast feeding is recommended in the first six months of life. [5 marks]

b) During pregnancy and lactation there is increased demand for micronutrients. Explain. [2 marks]

c) Briefly discuss any five possible signs that a baby is not getting enough breastmilk. [5 marks]

d) Explain four nutritional challenges associated with premature and low birth weight infants. [8 marks]

e) Energy and nutrient requirement of pre-term are higher compared to term babies. Explain. [10 marks]

**Section B**

**Question Two (20 Marks)**

Discuss ten steps of a baby friendly hospital initiative as a strategy to improve infant and young child nutrition.

**Question Three (20 Marks)**

Reduction of under nutrition will only be achieved through a multisectional approach. What opportunities would you recommend at the county level to support this approach and what would be the role of your organization in this approach.

**Question Four (20 Marks)**

Clearly discuss why it is important to invest in maternal nutrition.