## University Examinations 2012/2013

SECOND YEAR, SECOND SEMESTER EXAMINATION FOR DEGREE OF BACHELOR OF SCIENCE IN FOOD SCIENCE AND NUTRITION

### AFN 2204: NUTRITION ASSESSMENT

**DATE: DECEMBER 2012**                                         **TIME: 2 HOURS**

**INSTRUCTIONS:** *Answer question **ONE** and any other **TWO** questions*

### QUESTION ONE – 30 MARKS

(a) Define the following terms as used in nutrition assessment.
  i) Community Nutrition (1Mark)
  ii) Nutritional status (1Mark)
  iii) Early warning systems (1Mark)
  iv) Malnutrition (1Mark)
  v) Surveillance (1Mark)

(b) Nutrition information is critical during crisis and emergencies. Give five users of such information. (5Marks)

(c) Describe five groups of people vulnerable to nutrition problems. (5Marks)

(d) Explain five factors that could lead to an error when taking anthropometric measurements. (5Marks)

(e) A person weighs 74kg and his height is 169cm. Calculate his body mass index and comment on his nutritional status. (5Marks)

(f) Differentiate acute malnutrition and chronic malnutrition giving indices used to establish each. (5Marks)

### QUESTION TWO - 20 MARKS

(a) Discuss three forms of nutrition assessment. (15Marks)
(b) Highlight five specific aims of the above named assessment forms. (5Marks)

**QUESTION THREE – 20 MARKS**

Describe biochemical assessment method and analyse its advantages and limitations.  (20Marks)

**QUESTION FOUR – 20 MARKS**

(a)  The health status of an individual influences the food utilization in the body.  Discuss.
(10Marks)

(b) Explain three common forms of protein energy malnutrition. (PEM)          (10Marks)

**QUESTION FIVE – 20 MARKS**

Discuss the methods used in dietary assessment bringing out the possible limitation in carrying out each of them.                                                                                          (20Marks)