University Examinations 2013/2014

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

AFN 2304:   NUTRITION IN THE LEFE CYCLE

DATE: DECEMBER 2013   TIME: 2 HOURS

INSTRUCTIONS: *Answer questions **one** and any other **two** questions.*

QUESTION ONE (30 MARKS)

a) Explain the concept of exclusive breastfeeding.   (2 Marks)
b) List five advantages of breastfeeding.   (5 Marks)
c) Explain why women of child bearing age need folate in their diets   (4 Marks)
d) Briefly discuss the following and their dietary implications during pregnancy

(9 Marks)

  i.   Pica
  ii.   Gestational diabetes
  iii.   Nausea and vomiting
e) Discuss the relationship between the following in children.
  i.   Hunger and behaviour   (3Marks)
  ii.   Iron deficiency and behaviour   (4 Marks)
  iii.   Childhood obesity and television watching   (3 Marks)

QUESTION TWO (20 MARKS)

a) Why does the risk of dehydration increase as people age?   (5 Marks)
b) What characteristics contribute to malnutrition in older people?   (5 Marks)
c) Explain why cow milk is not recommended to an infant in the first year of life

(5 Marks)

d) Briefly discuss the iron requirement for an adolescent   (5 Marks)

QUESTION THREE (20 MARKS)

a) Write short notes on the following   (15 Marks
    i.   Anorexia nervosa
    ii. Bulimia nervosa
    iii. Obesity

b) List five factors that influence pregnancy outcome.   (5 Marks)

QUESTION FOUR (20 MARKS)

a) Discuss how nutrition influence fertility and conception.   (10 Marks)
b) Discuss the relationship between the following   (10 Marks)
    i.   Nutrition and cataracts
    ii. Nutrition and arthritis