

**MERU UNIVERSITY OF SCIENCE AND TECHNOLOGY**

**P.O. Box 972-60200 – Meru-Kenya.**

**Tel: 020-2069349, 061-2309217. 064-30320 Cell phone: +254 712524293, +254 789151411**

**Fax: 064-30321**

**Website:** [**www.must.ac.ke**](http://www.must.ac.ke) **Email:** [**info@mucst.ac.ke**](mailto:info@mucst.ac.ke)

**University Examinations 2014/2015**

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

**AFN 3279: NUTRITIONAL ASSESSMENT**

**DATE: APRIL 2015 TIME: 2 HOURS**

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

**QUESTION ONE (30 MARKS)**

1. Define nutritional assessment (1 Marks)
2. Outline the aims of nutritional assessment (5 Marks)
3. Why do we measure body composition in nutritional assessment (3 Marks)
4. Explain the principle behind the use of Biochemical Impendance Analysis (BIA) as a method of determining body composition (2 Marks)
5. Jane weighs 60 kg and her height is 142cm. calculate her BMI and comment on her nutritional status (3 Marks)
6. Jack and Dave have similar weight in the air. However, Jack weighs more in water than Dave. Explain (2 Marks)
7. Outline limitations of anthropometric measurements in nutritional assessment

(3 Marks)

1. Differentiate between primary and secondary malnutrition (2 Marks)
2. List four symptoms of kwashiorkor (2 Marks)
3. Explain nutrition interventions targeting under nutrition in children below 2 years (4 Marks)
4. Outline the clinical signs of the following nutrient deficiencies
5. Iodine (1 Mark)
6. Vitamin A (1 Mark)
7. Vitamin D (1 Mark)

**QUESTION TWO (20 MARKS)**

1. Discuss the use of Mid Upper Arm Circumference (MUAC) as a measure of malnutrition in children (10 Marks)
2. Explain the intervention strategies targeting overweight and obese individuals (10 Marks)

**QUESTION THREE (20 MARKS)**

1. Briefly explain the relationship between BMI and morbidity and mortality (5 Marks)
2. Discuss the use of food frequency questionnaire as a measure of nutritional status

(15 Marks)

**QUESTION FOUR (20 MARKS)**

Discuss the biochemical method of nutritional assessment (20 Marks)