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**University Examinations 2014/2015**

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

**AFN 2304: NUTRITION IN LIFE CYCLE**

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

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

**QUESTION ONE (30 MARKS)**

1. Explain why women of child bearing age require folate in their diets. How much is recommended and how can women ensure that these needs are met (5 Marks)
2. Explain how malnutrition can impair fatal development (5 Marks)
3. What is pica? Briefly describe its nutritional implications (5 Marks)
4. Why does the risk of dehydration increase as people age? (4 Marks)
5. Why do energy needs usually decline with advancing age? (3 Marks)
6. List four advantages of breast feeding (4 Marks)
7. What is complementary feeding? Briefly describe the principles of complementary

feeding (4 Marks)

**QUESTION TWO (20 MARKS)**

Discuss the nutrient and the immunological attributes of breast milk (20 Marks)

**QUESTION THREE (20 MARKS)**

1. Discuss the relationship between nutrition and behaviour in children. How does television influence nutrition (10 Marks)
2. Describe five practices that should be avoided during pregnancy (10 Marks)

**QUESTION FOUR (20 MARKS)**

1. Discuss the relationship between nutrition and cataracts and between nutrition and arthritis (10 Marks)
2. Discuss the physiological characteristics that may contribute to malnutrition in older people (10 Marks)