



## **UNIVERSITY OF EMBU**

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**2017/2018 ACADEMIC YEAR**

**SECOND SEMESTER EXAMINATIONS**

**FIRST YEAR EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE  
(COMMUNITY HEALTH)**

**HCS 126: BASIC NUTRITION (MAIN)**

**DATE: APRIL 5, 2018**

**TIME: 2:00 -5:00 PM**

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### **INSTRUCTIONS:**

**Answer Question ONE and ANY Other TWO Questions**

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### **QUESTION ONE (30 MARKS)**

Different nutrients are needed to meet the nutritional requirement of the body

- a) Identify 3 classes of carbohydrates that are present in foods (3 marks)
- b) State 7 functions of proteins in the body (7 marks)
- c) State the 4 fat soluble vitamins giving examples of different sources for each (8 marks)
- d) Describe the role of nutrition in health and disease prevention (12 marks)

### **QUESTION TWO (20 MARKS)**

Nutrition across the life span should be emphasized and each stage of development should have different considerations

- a) State the 5 stages of development that the populations are divided in to (5 marks)
- b) State 3 considerations that should be emphasized in each of the stages of development (15 marks)

### **QUESTION THREE (20 MARKS)**

Nutritional assessment is very vital in determining the health status of an individual.

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- a) Describe four assessment methods that one would use to determine the nutritional status of an individual (12 marks)
- b) Explain how one will go about in calculating and interpreting the body mass index (BMI) (7 marks)
- c) State one significance of taking the BMI of an individual (1 marks)

### **QUESTION FOUR (20 MARKS)**

Children are prone to nutritional deficiencies which if not corrected will affect their future health.

- a) State 6 nutritional deficiencies that may present in children (6 marks)
- b) State 4 signs and symptoms that will present in one of the deficiencies mentioned above (4 marks)
- c) Explain 5 interventions that the community health worker would carry out during the management of these deficiencies (10 marks)

### **QUESTION FIVE (20 MARKS)**

Diet modification is important in the care of patients during hospitalization and after discharge

- a) State 6 types of diet modifications that can be done to ensure adequate nutrition in patients (6 marks)
- b) Explain 5 routes that can be used to deliver feeds in enteral feeding (10 marks)
- c) State 4 principles that will be used as a guide for a patient with diabetes (4 marks)

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