



MASENO UNIVERSITY

UNIVERSITY EXAMINATIONS 2017/2018

FIRST YEAR FIRST SEMESTER EXAMINATIONS FOR DEGREE OF MASTER OF SCIENCE IN COMMUNITY NUTRITION AND DEVELOPMENT

CITY CAMPUS

PCN 814: NUTRITION AND BEHAVIOUR

Date: 31st January, 2018

Time: 9.00 - 12.00pm

INSTRUCTIONS:

- Follow the instructions as attached



PCN 814: NUTRITION AND BEHAVIOUR

Kisumu Campus

Date: _____ *Time:* _____

INSTRUCTIONS:

Answer ALL Questions in Section A and B in the spaces provided in the question paper and answer booklet.

Answer any TWO Questions in Section C in the booklet. Each question is 20 marks.

ANSWER SHEET FOR MCQ QUESTIONS

REG. NO _____
COURSE CODE AND TITLE _____
SECTION _____

	a	b	c	d	e
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

SECTION A MULTIPLE CHOICE QUESTIONS

Answer ALL questions (Tick in the appropriate boxes).

MCQ1. Majority of individuals with Binge eating disorder are obese

A. True B. False

MCQ2. Chelation therapy is commonly used in management of Plumbophagia.

A. False B. True

MCQ3. Health Belief Model proposes that behavioural change is determined by environmental, personal and behavioural elements.

A. True B. False

MCQ4. Arachidonic acid (AA) from Omega-3 fatty acids and Docosahexaenoic acid from Omega-6 fatty acids make up 6% of the dry weight of the brain.

A. False B. True

MCQ5. Dopamine and norepinephrine are synthesized from amino acid called tyrosine, with the assistance of folic acid, magnesium and Vitamin B12.

A. True B. False

MCQ6. All the statements below about behavior change are accurate except one. Identify the odd one out.

- a) Operant conditioning involves use of reinforcement and consequences.
- b) Self-efficacy is the judgment of one's ability to perform certain behavior.
- c) Learning theories emphasize imitation & reinforcement.
- d) Social cognitive theory involves behavioral control as a determinant of behavioral intention.
- e) None of the above.

MCQ7. Which of the following forms of Pica is inaccurate?

- a) Lithophagia: Eating of stones
- b) Coprophagia: Eating of feces
- c) Pagophagia : Eating of ice
- d) Caniophagia: Eating of dust
- e) None of the above

MCQ8. Identify a statement that is true about brain development and function.

- a) Arachidonic Acid (AA) is a vital component of the photoreceptors responsible for receiving light photons & sending image messages to the brain.
- b) Omega-6 fatty acids deficiency is associated with poor night vision.
- c) At birth the brain reaches 70% size & 25% weight of an adult brain.
- d) Impairment of Serotonin-containing neurons in the brain is one of the causes of Schizophrenia.
- e) None of the above

MCQ9. Which of the following is the odd one out?

- a) Dopamine

- b) Norepinephrine
- c) Epinephrine
- d) Gaba
- e) No odd one

MCQ10. Which of the following may not be appropriate intervention in Rumination Disorder?

- a) Reducing distraction during feeding
- b) Giving the child more attention
- c) Changing the child's posture during & right after eating
- d) Avoid distracting the child when he/she begins the rumination behavior
- e) Aversive condition e.g placing something bad tasting on the child's tongue when he/she begins to vomit.

SECTION B (10MARKS)

Answer ALL the questions in this section in the answer booklet provided

SAQ 11 a) Outline **FOUR (4)** key features of patients suffering from Anorexia Nervosa **(2mks)**

b) Identify **FOUR (4)** effects of Low Birth Weight **(2mks)**

SAQ 12. Explain **THREE (3)** ways in which lack of information may be a basic cause of undernutrition **(1½ mks)**

SAQ 13. Identify **TWO (2)** functions of the following neurotransmitters:

- a. Gaba **(1mk)**
- b. Norepinephrine **(1mk)**

SAQ 14. Describe the meaning and manifestation of ADHD **(1mk)**

SAQ 15. Identify **THREE (3)** structural defects on the brain that may be caused by malnutrition in infants (**1½ mk**)

SECTION C (40 MARKS)

Choose any TWO Questions from this section

LAQ 16 a) Discuss the relationship between low educational level of parents and stunting in children (**5mks**)

b) Describe the physical and psychological effects of childhood obesity (**5mks**)

c. Explain the role of the following nutrients in neurotransmission and brain function;

- i) Fats (**4mks**)
- ii) Carbohydrates (**3mks**)
- iii) Amino acids (**3mks**)

LAQ17 a) Distinguish between binge eating disorder and bulimia nervosa (**4mks**)

b) Giving relevant nutrition related examples, explain the following theories of behavioural change;

i) Behavioural analytic theories of change (**5mks**)

ii) Theory of Reasoned Action (**5mks**)

d. Political instability is a basic cause of undernutrition. Discuss. (**6mks**)

LAQ18 a) Giving relevant examples, discuss 3 causes of Pica (**6mks**)

b) Explain 6 ways in which Transtheoretical Model can inform your practice as a nutritionist (**6mks**) –

c) Describe how disease burden is a great contributor to increasing malnutrition causes in developing countries (**8mks**)