



KISII UNIVERSITY

UNIVERSITY EXAMINATIONS

**FIRST YEAR EXAMINATION FOR THE AWARD OF THE
DEGREE OF BACHELOR OF SCIENCE IN NUTRITION AND DIETETICS
SECOND SEMESTER, 2021/2022
(FEBRUARY - JUNE, 2022)**

FOND 124: NUTRITION IN THE LIFESPAN

STREAM: Y1 S2

TIME: 2 HOURS

DAY: FRIDAY, 9:00 – 12:00 P.M.

DATE: 06/05/2022

INSTRUCTIONS

- 1. Do not write anything on this question paper.***
- 2. Answer Question ONE [Compulsory] and any other TWO Questions.***

QUESTION ONE (40 MARKS)

- Explain the nutritional management of any four common pregnancy related complications [4marks]
- Using a multi-mix food squire, plan a day's menu for a 2-3 year old child. [4marks]
- Formula feeding can be used as a substitute for breastfeeding when it is absolutely necessary. Explain the "AFASS" criteria [4marks]
- Briefly explain the contraindications to breastfeeding [4marks]
- Nutritional status of the mother prior to conception is very critical to successful development and growth of the fetus and infant. Explain [2 marks]
- The Kenya National Technical Guidelines for Micronutrient Deficiency Control (2008) recommend micronutrient supplementation for pregnant and lactating mothers. Explain the dosage and reasons for supplementing the following nutrients [6 marks]
 - Folic acid
 - Vitamin A
 - Iron

- g. The transition phase from childhood to adulthood has many challenges.
Elaborate on the nutritional problems facing the adolescents [4 marks]
- h. Explain the phases of nutritional management for PEM among the pre-scholars [4 marks]
- i. Elaborate on the WHO/FAO recommendations on kilocalorie intake for adults with different nutritional status [4 marks]
- j. Explain the factors that influencing nutrition status of adolescents [4 marks]

QUESTION TWO (15 MARKS)

Explain the importance of the following aspects of complimentary feeding

- i. Age of initiation [3 marks]
- ii. Texture of foods given [4 marks]
- iii. Types of foods given [4marks]
- iv. Frequency of feeding [4 marks]

QUESTION THREE (15 MARKS)

Discuss the changes in physical growth and psychosocial development that influence eating habits in the toddler, preschool and school age child. How do these factors influence the nutritional needs of each age group? [15 Marks]

QUESTION FOUR (15 MARKS)

Discuss how five major physiological changes in the senior citizens (elderly) that affect their nutritional status. [15 Marks]

QUESTION FIVE (15 MARKS)

Exclusive breastfeeding is highly recommended for the first six months (0-6 months) to both the mother and child.

- a) Discuss the nutritional benefits of breast milk to infants compared to cow's milk [5 marks]
- b) Elaborate on the anti-infective properties of breast milk [5 marks]
- c) Briefly discuss some of the challenges associated with successful exclusive breastfeeding in Kenya today. [5 marks]