



MURANG'A UNIVERSITY OF TECHNOLOGY
SCHOOL OF PURE, APPLIED AND HEALTH SCIENCES

DEPARTMENT OF HEALTH SCIENCES

UNIVERSITY ORDINARY EXAMINATION

2023/2024 ACADEMIC YEAR

THIRD YEAR SECOND SEMESTER EXAMINATION FOR BACHELOR
OF SCIENCE IN COMMUNITY HEALTH

MCH 116 – NUTRITION HEALTH

DURATION: 2 HOURS

INSTRUCTIONS TO CANDIDATES:

1. Answer question ONE any other two questions.
2. Mobile phones are not allowed in the examination room.
3. You are not allowed to write on this examination question paper.

SECTION A – (30 MARKS) – ANSWER ALL QUESTIONS IN THIS SECTION

QUESTION ONE (30 MARKS)

- a) State functions of fat in human body. (5 marks)
- b) Describe digestion and metabolism of carbohydrates. (5 marks)
- c) State five functions of vitamin A. (5 marks)
- d) State purpose of nutrition assessment. (5 marks)
- e) Describe management of iron deficiency anaemia. (5 marks)
- f) Describe symptoms of zinc deficiency. (5 marks)

SECTION B (40 MARKS) – ANSWER ANY TWO QUESTIONS IN THIS SECTION

QUESTION TWO (20 MARKS)

You are working in Matata community as community health coordinator, in one of the households you meet baby Pendo who has PEM (Protein energy malnutrition) marasmus – kwashiorkor, you refer her to hospital.

- a) Describe clinical features of PEM. (5 marks)
- b) Describe investigations that will be carried out for PEM. (5 marks)
- c) Describe the world health organization (WHO) recovery steps in malnourished children. (10 marks)

QUESTION THREE (20 MARKS)

Miss X has been diagnosed with malnutrition, you decide to carry out nutritional assessment using anthropometric measurements.

- a) Describe the components of anthropometric measurements. (14 marks)
- b) Describe advantages and disadvantages of anthropometric measurements. (6 marks)

QUESTION FOUR (20 MARKS)

You are working as community health coordinator in Mitungu location where you have noticed most mothers don't breastfeed their children exclusively for six months, you intervene and carry out health education on importance of breast feeding exclusively.

- a) Describe nutritional constituent of breast milk. (12 marks)
- b) Describe the benefits of breast feeding to the mother. (8 marks)