

# DEPARTMENT OF ENVIRONMENTAL SCIENCES

## ANH 2211;COMMUNITY NUTRITION AND HEALTH INTERVENTION

### DCHM 14S & DCHM

Q 1.a.i) List the six common problems in pregnancy(3mks)

ii) Name the deficiency disease of the following

1. Vitamin B3 (1)
2. Vitamin C (1)
3. Vitamin D (1)

iii) State six factors affecting nutritional needs of an individual (3mks)

b. i) Outline five requirements for the elderly (5mks)

ii) List four food sources of protein (2mks)

iii) Outline two classes of vitamins giving examples of of each (4mks)

c. Define the following terms

i)Anthropometric assessment (2)

ii) Colostrum (2)

iii) Dehydration (2)

iv) Calories (2)

v) Hypoglycemia (2)

Q 2 a) Describe the three basic functions of essential nutrients (6mks)

b) Explain the interventions used in diabetes management (5mks)

c) Explain briefly obesity and the cut-off points to diagnose it (4mks)

Q 3 a) Describe in detail the vulnerable stages in life cycle (6mks)

b) Describe the difference between marasmus and kwashiorkor (9mks)

Q 4 a) Describe the benefit of good nutrition in pregnant women (5mks)

b) Briefly explain five recommendations for good nutrition (5mks)

c) Explain the possible causes of anemia in individuals. (5mks)

Q 5 a) Explain the main cause of heart burn in pregnancy and how to manage nutritionally (5mks)

b) Dietary fibre is very essential in the elderly, explain the sources (5mks)

c) Explain the meaning of “protein sparing “ (5mks)