



JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY
SCHOOL OF HEALTH SCIENCES
UNIVERSITY EXAMINATION FOR DEGREE OF BACHELOR OF SCIENCE
PUBLIC & COMMUNITY HEALTH AND DEVELOPMENT
1ST YEAR 2ND SEMESTER 2023/2024 ACADEMIC YEAR
MAIN CAMPUS

COURSE CODE: HCB 1110

COURSE TITLE: NUTRITION AND HEALTH

EXAM VENUE: **STREAM: (BSc Env. Health)**

DATE: **EXAM SESSION:**

TIME: 2.00 HOURS

Instructions:

- 1. Answer all the questions in Section A each contain 3 marks and ANY other two questions in Section B each contain 20 marks.**
- 2. Candidates are advised not to write on the question paper.**
- 3. Candidates must hand in their answer booklets to the invigilator while in the examination room.**

SECTION A: ANSWER ALL THE QUESTIONS (30 MARKS)

1. Malnourished children
 - i) Score poorly on tests of cognitive function
 - ii) Have poor psychomotor development
 - iii) Have lower activity levels
 - iv) Interact more frequently with their environment
 - v) Acquire skills at normal rates
- a) 2,3,4
- b) 2,3,5
- c) 1,2,3
- d) 1,2,4
2. Children with enlarged abdomen and wasted muscles is an indicative of which disorder
 - a) Marasmus
 - b) Anemia
 - c) Kwashiorkor
 - d) All the above
 - e) None of the above
3. Which of the following nutrients is available mainly in bananas
 - a) Copper
 - b) Sodium
 - c) Potassium
 - d) Sulphur
4. Which of the following is autotroph
 - a) Human
 - b) Plant
 - c) Animal
 - d) Fungi
5. Which of the following diseases is caused by low haemoglobin
 - a) Malaria
 - b) Anaemia
 - c) Rabies
 - d) Cholera
6. Which of the following is the indigestible portion of our diet essential to the health of the digestive system
 - a) Carbohydrates
 - b) Proteins
 - c) Fats
 - d) Fibre
7. Beriberi disorder is caused by deficiency of which vitamin
 - a) Vitamin B12
 - b) Vitamin B2
 - c) Vitamin B1
 - d) Vitamin B3
8.is essential for the utilization and retention of calcium and phosphorus
 - a) Vitamin A
 - b) Vitamin C

- c) Vitamin D
- d) Vitamin K

9. State **THREE** eating disorders? (3 marks)
10. State the key SDG targets in relation to reduction of malnutrition (3 marks)
11. Name **FOUR** Functions of proteins (4 marks)
12. Differentiate between the following terms (4 marks)
 - a) Essential amino acids and Non-essential amino acids
 - b) Type 1 and Type 2 diabetes
13. Outline the **FOUR** different forms of infant feeding options (8 marks)

SECTION B: ANSWER ANY TWO QUESTIONS (40 MARKS)

1. Discuss **FIVE** causes of malnutrition? (20 marks)
2. Discuss **FIVE** functions of good nutrition to a HIV-positive individual (20 marks)
3. Food aid is important in emergency situations. Discuss (20 marks)
4. Discuss the interaction between nutrition and infection (20 marks)