**KENYA MEDICAL TRAINING COLLEGE – NYAMIRA**

**END OF FIRST BLOCK EXAMINATION**

**MARCH 2012 KRCHN CLASS (PRE-SERVICE)**

**NUTRITION**

DATE: 19/3/2013 TIME: ............

**INSTRUCTIONS**

1. Enter your examination number and question number on each page used.
2. ALL questions are compulsory.
3. For part 1 (MCQs), write the answer in the spaces provided on the answer booklet.
4. Omission of and or wrong numbering of a question or part of the question will result in 10% deduction of the marks scored from the relevant part.
5. Do NOT use a pencil.
6. Mobile phones are NOT allowed in the examination hall.

**PART ONE: MCQS (MULTIPLE CHOICE QUESTIONS) – 10 MARKS**

Q.1. An adult in the hospital has been diagnosed with marasmus which of the following would you expect.

1. Client has experienced severe weight loss.
2. Client denies hunger.
3. Client has lost hair.
4. The onset of deficiency was raped.

Q.2. Which vitamin is given in large doses to facilitate wound and bone healing.

1. Vitamin A.
2. Vitamin D.
3. Vitamin C.
4. Niacin.

Q.3. A client is diagnosed with pernicious anaemia, what vitamin is he not absorbing?

1. Folic acid.
2. Vitamin B6.
3. Vitamin B12.
4. Niacin.

**PART ONE: MCQS (MULTIPLE CHOICE QUESTIONS) – 10 MARKS**

Q.4. Muslims are prohibited from consuming:-

1. Alcohol.
2. Eggs.
3. Beef.
4. Shellfish.

Q.5. What nutrient is not likely to be consumed in adequate amounts in pregnancy so a supplement is recommended.

1. Iron.
2. Calcium.
3. Vitamin B12.
4. Vitamin C.

Write true or false on the answer sheet for **Q.6**.

Q.6. (a) Thirst is a good indicator of need for fluids except among women who live in dry

climate or exercise in hot weather.

(b) Inadequate maternal intake of nutrients decreases quantity of breast milk produced not

the quality.

Q.7. Concerning osteomalacia:-

1. Softer bones in osteomalacia have a normal amount of collagen.
2. Softer bones in oestomalacia don’t have a normal amount of collagen.
3. Elderly people who drink milk are at increased risk of osteomalacia.
4. Is not due to malabsorption of vitamin D by the intestines.

Q.8. The following are deficiencies of vitamin A except:-

1. Skin disease.
2. Exophthalmia.
3. Liver disease.
4. Low immunity.

Q.9. Vitamin K is important because:-

1. Works to inhibit the production of oestoclasts.
2. Helps to prevent destruction of vitamin A and C.
3. Formation of red blood cells,
4. Help to keep the immune system strong against viruses.

Q.10. Nutritional problems in adolescent includes the following except:-

1. Food habits.
2. Anaemia.
3. Obesity.
4. Lack of concentration.

**PART TWO: SHORT ANSWER QUESTIONS – 20 MARKS**

Q.1. Define the following terms:-

1. Nutrition.
2. Nutrients.
3. Essential elements.
4. Secondary deficiencies.
5. Carbohydrates. 5 marks

Q.2. (a) State three (3) functions of proteins. 3 marks

(b) Explain briefly the metabolism of fats. 5 marks

Q.3. Explain why women of child bearing age need folate in their diet. How much

is recommended and how can a woman ensure these needs are met. 4 marks

Q.4. List three (3) functions of water in human being. 3 marks

**PART THREE: LONG ANSWER QUESTIONS – 40 MARKS**

Q.1. (a) Define keratomalacia. 2 marks

(b) List two (2) causes of keratomalacia. 2 marks

(c) Explain measures undertaken to prevent keratomalacia. 6 marks

Q.2. Explain any five (5) factors that influence people’s food choices. 10 marks