

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF SCIENCE IN HUMAN  
NUTRITION AND DIETETICS

HNDS 234: NUTRITION IN THE HUMAN LIFE CYCLE

STREAMS: HNDS Y2S1

TIME: 2 HOURS

DAY/DATE: MONDAY 22/03/2021  
A.M.

8.30 A.M. – 10.30

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INSTRUCTIONS:

- Answer ALL questions.

SECTION A (40 MARKS)

1. Name five reasons contributing to the rapid increase in childhood obesity. (5 marks)
2. Discuss three common eating disorders among teenagers. (6 marks)
3. Outline five common food and nutrition recommendations for women experiencing menopause. (5 marks)
4. Explain why it is important to monitor the weight of women during pregnancy. (4 marks)
5. Dysphagia is a common nutrition concern in old age. Explain. (3 marks)
6. Name three developmental milestones that a child experiences during infancy. (3 marks)
7. Name five measures a woman could take to avoid/treat nausea and vomiting during the first trimester of pregnancy.

(5 marks)

8. Explain the differences in fluids requirement of infants and adults. (4 marks)
9. Compare breastfeeding vs bottle feeding. (5 marks)

**SECTION B: LONG ANSWER QUESTIONS (30 MARKS)**

1. Gestational hypertension and gestational diabetes mellitus are common pregnancy complications. Discuss. (10 marks)
2. Discuss five common problems related to food and nutrition that may occur during infancy and their management. (20 marks)
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