



KENYATTA UNIVERSITY
UNIVERSITY EXAMINATIONS 2008/2009
SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR
OF SCIENCE IN FOOD NUTRITION AND DIETETICS

HFN 308: MATERNAL AND CHILD NUTRITION

DATE: Tuesday 15th September, 2009

TIME: 11.00 a.m. – 1.00 p.m.

INSTRUCTIONS

Answer ALL the questions.

1. Explain why good maternal nutrition is important during critical period of fetal development. [2 marks]
2. Discuss why supplementation of folic acid is necessary for pregnant women during ANC. [2 marks]
3. Discuss four risks associated with too early complementary feeding. [8 marks]
4. Discuss four factors to consider when formulating a complementary diet. [8 marks]
5. Give three reasons as to why pregnant mothers are predisposed to anaemia. [6 marks]
6. Discuss five complications associated with pregnancy. [10 marks]
7. Discuss four reasons as to why breast milk is highly recommended as food for a new born baby as opposed to other foods. [8 marks]
8. Describe why the following nutrients should be increased during pregnancy. [8 marks]
 - a) Iron
 - b) Carbohydrates
 - c) Protein
 - d) Calcium

9. Discuss four factors to consider for adopting replacement feeding as feeding option of children of HIV infected mothers. [8 marks]
10. Discuss the four main factors contributing to low cases of exclusive breast feeding in Kenya. [8 marks]
11. State the policy governing infant feeding in the context of HIV/AIDS in Kenya. [2 marks]

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