



# KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2009/2010

## FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE IN FOODS, NUTRITION AND DIETETICS

### HFN 400 – COMMUNITY NUTRITION ASSESSMENT

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**DATE: MONDAY 21<sup>ST</sup> DECEMBER 2009      TIME: 11.00 A.M. – 1.00 P.M.**

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### INSTRUCTIONS

Attempt ALL questions. (70 marks)

1. Explain why stunting is referred to as chronic malnutrition while wasting is referred to as acute malnutrition. State one advantage and one disadvantage of underweight as an index of measuring malnutrition. (6 marks)
2. Describe Global Acute Malnutrition (GAM) as one of the indices to identify malnutrition in emergencies. (5 marks)
3. Mention the different methods of assessing zinc deficiency. (3 marks)
4. State the five (5) main options of correcting micronutrient deficiency. (5 marks)
5. Describe how malnutrition is classified by use of Z scores. (3 marks)

6. Explain why a 7-day food frequency is preferred for establishing dietary patterns than a 14-day or a one month food frequency. (5 marks)
7. Clinical signs are sometimes used to assess malnutrition. Name three (3) clinical ways identifying Vitamin A deficiency. (3 marks)
8. State two (2) main usefulness of biochemical tests in nutrition assessment. (4 marks)
9. List two (2) main sources of error in taking anthropometric measurements. (3 marks)
10. Explain what oedema is and its nutritional implication. Show the different categories of bilateral pitting oedema. (7 marks)
11. State five (5) factors to take into consideration when selecting nutrition assessment methods. (10 marks)
12. Giving examples show the food products used in managing moderate acute malnutrition and severe acute malnutrition. (4 marks)
13. State four (4) demographic variables that have implications on the nutritional status of a household or a population. (4 marks)
14. Define the following terms as used in nutrition.
  - a) Growth Chart. (2 marks)
  - b) Mid-upper Arm circumference (MUAC) (2 marks)
  - c) Cut-off points. (2 marks)
  - d) Body Mass Index (BMI) (2 marks)