



KENYATTA UNIVERSITY
UNIVERSITY EXAMINATIONS 2010/2011
INSTITUTE OF OPEN LEARNING
EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE
(FOODS, NUTRITION AND DIETETICS)

HFN 105: NUTRITION IN THE LIFESPAN

DATE: SATURDAY 5TH FEBRUARY 2011 TIME: 8.00 A.M. - 10.00 A.M.

INSTRUCTIONS

Answer all questions.

1. Outline the following:-
 - a) Effects of excessive sodium intake during pregnancy (3 marks)
 - b) Any 3 potential nutrient deficiencies in vegetarians' (3 marks)
 - c) Any 4 outcomes of inadequate nutrition during pregnancy (2 marks)
 - d) Four factors that determine the volume and composition of breast milk (4 marks)
 - e) Three possible consequences of gestational diabetes (3 marks)
2. Describe 5 nutrition related complications due to alcoholism (5 marks)
3. Briefly explain any five factors to consider when modifying diets for the elderly (5 marks)
4. Using relevant examples differentiate between a food allergy and food intolerance (5 marks)
5. Proper nutrition is essential both for the mother and baby during lactation. Describe some of the diet modification necessary during lactation (10 marks)
6. Discuss any 5 current WHO/UNAIDS/UNICEF infant feeding guidelines (10 marks)
7. "A baby should be breastfed on demand and should not be taken off the breast too quickly". Explain (10 marks)
8. "Adolescents receive little attention in terms of nutrition" discuss (10 marks)