



KENYATTA UNIVERSITY
UNIVERSITY EXAMINATIONS 2011/2012
SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR
OF SCIENCE (FOODS, NUTRITION AND DIETETICS)
HFN 105/302: NUTRITION IN LIFESPAN

DATE: Wednesday, 28th March, 2012

TIME: 11.00 a.m. – 1.00 p.m.

INSTRUCTIONS:

Answer **ALL** questions in Section A and Section B.

1. Explain the roles of the following nutrients in boosting fertility in men and women.
 - a) Zinc
 - b) Selenium
 - c) Folic acid

(each 2 marks)
2. Describe the effects of hyperemesis during human gestation period (6 marks)
3. Describe the importance of good pre-conception nutrition in men (6 marks)
4. Explain six essential nutrition actions for optimal nutrition for children as recommended by United Nations Children Fund (6 marks)
5. Describe the roles of hormones oxytocin and prolactin in initiation and maintenance of lactation (6 marks)

SECTION B

6. Discuss 5 major factors that complicate the nutrition status of adolescent girls (10 marks)
7. Discuss the following breastfeeding options for infants born of HIV/AIDS infected mothers
 - a) Exclusive breastfeeding (10 marks)
 - b) Treated breast milk (10 marks)
8. Discuss the consequences of the maternal Iron deficiency during pregnancy (10 marks)