



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2010/2011

INSTITUTIONAL BASED PROGRAMME (IBP) DECEMBER SESSION

EXAMINATION FOR THE DEGREE OF MASTERS OF SCIENCE

HFN 514: ADVANCED MATERNAL AND CHILD NUTRITION

DATE: Thursday 28th April 2011

TIME: 9.00a.m – 12.00p.m

INSTRUCTIONS:

Answer any four (4) Questions, 15 points for each

1. (a) Briefly explain why the following nutrients are important during pregnancy. What are some of the natural food sources for these nutrients? **(10 marks)**
 - i) Folate and B₁₂
 - ii) Iron and vitamin C
 - iii) Zinc
- (b) Discuss the consequences of maternal malnutrition during pregnancy on the health and nutritional status of the newborn baby. **(5 marks)**
2. (a) Briefly explain Critical Period in the development of the fetus. **(5 marks)**
- (b) Discuss why adequate nutrition is essential during this period of fetal development. **(5 marks)**
- (c) What are the problems associated with adolescent pregnancy. What are some of the suggested remedies? **(5 marks)**
3. (a) Explain why the following aspects of complementary feeding are important. **(5 marks)**
 - i) Age of initiation
 - ii) Frequency of feeding
 - iii) Types of foods given.

- (b) Which are some of the most critical nutrients to the child's diet and why? **(5 marks)**
- (d) Using a multi-mix food square plan a day's menu for a 2-3 year old. **(5 marks)**
4. Exclusive breast-feeding is highly recommended for the first six months (0-6 months) to mothers. Discuss the above statement in terms of:
- (a) Nutritional benefits of breast milk to infant compared to cow's milk. **(5 marks)**
- (b) Anti-infective properties of breast milk. **(10 marks)**
5. (a) What are the common causes of malnutrition among toddlers in Kenya today? **(5 marks)**
- (b) Briefly explain the factors that precipitate malnutrition in HIV infected children. **(5 marks)**
- (c) What are some of the suggested remedies in nutritional considerations for the HIV positive children? **(5 marks)**
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