

**BOWEN UNIVERSITY, IWO
COLLEGE OF HEALTH SCIENCES
NUTRITION AND DIETETICS PROGRAM
2020/2021 SECOND SEMESTER EXAMINATION**

COURSE CODE: NTD 222

CREDIT UNIT: 2

COURSE TITLE: PRINCIPLES OF HUMAN NUTRITION II

TIME ALLOWED: 90 MINUTES

INSTRUCTIONS: ANSWER ALL QUESTIONS

1. How can the nutritional requirement of an infant be met in the first 6 months of life? What are the benefits of this type of feeding to the child?
2. Why is Folic Acid important for pregnant women
3. Discuss briefly the effect of alcohol on pregnancy outcomes.
4. Highlight 5 eating disorders among adolescents
5. What is intra uterine growth retardation, what are its consequences?
6. Describe the Kangaroo mother care process
7. List 5 common nutritional problems of toddlers and preschoolers
8. What is the relationship between nutrition and health (5 marks)
9. Explain the principles of energy balance (5 marks)
10. What is nutritional assessment; State 4 importance of nutritional assessment
11. State the advantages and disadvantages of any three methods of nutritional assessment
12. Give the name of the instrument used in measuring the length of a child below 2 years of age and What will be your advice to a female aged 30 years with a BMI of 27?
13. a. What is the difference between signs and symptoms?
b. Explain with examples the differences between anthropometry and biochemical methods of assessing nutritional status. (2 marks for each point)
14. List 5 factors that increase basal metabolism.