

BOWEN UNIVERSITY, IWO
COLLEGE OF HEALTH SCIENCES
NUTRITION AND DIETETICS PROGRAM
NTD 222 —PRINCIPLES OF HUMAN NUTRITION I
SAQs Online Exam 2019/2020 Second Semester
INSTRUCTION: ANSWER ALL QUESTIONS

1. List 5 factors that influence eating behaviors in adolescents. (5 marks)
2. Mention some nutrition related concerns of adolescents (5 marks)
3. Highlight some Gastro Intestinal Tract (GIT) changes associated with aging. (5 marks)
4. Why is it important to meet nutritional needs at every stage of the life cycle? (5 marks)
5. Why is folate status prior to conception important? (5 marks)
6. Describe the use of BMI as an anthropometric measurement of nutritional status. (5 marks)
7. Give the advantages and disadvantages of biochemical assessment methods. (5 marks)
8. State 5 benefits of exclusive breastfeeding to the mother. (5 marks)
9. How does Human milk provide optimum nutrition for an infant? (5 marks)
10. What are the 10 steps to successful breastfeeding? (5 marks)
11. Highlight the principle of complementary feeding. (5 marks)
12. What is intra uterine growth retardation, what are its consequences? (5 marks)
13. Describe the Kangaroo mother care process. (5 marks)
14. Mention 5 common nutritional problems of toddlers and preschoolers. (5 marks)