

**UNIVERSITY OF ESWATINI**  
**FACULTY OF HEALTH SCIENCES**  
**DEPARTMENT OF MIDWIFERY SCIENCES**  
**FINAL EXAMINATION PAPER; MAY, 2019**

**TITLE OF PAPER : CHILD NUTRITION**  
**COURSE CODE : MWF 426**  
**DURATION : TWO (2) HOURS**  
**TOTAL MARKS : 75**

**INSTRUCTIONS:**

- 1. ANSWER ALL QUESTIONS**
- 2. FIGURES IN BRACKETS INDICATE MARKS ALLOCATED TO EACH PART OF A QUESTION**
- 3. BEGIN EACH QUESTION ON A NEW PAGE**
- 4. QUESTIONS CARRY EQUAL MARKS**
- 5. USE BULLETS FOR ANSWERING, WHERE APPLICABLE**

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THE INVIGILATOR**

## QUESTION 1

The following are multiple choice questions. Choose the most appropriate response from each of the following statements and write the letter that corresponds with it next to the question number in your answer sheet. For example, 1.30 A

- 1.1 In child nutrition, what does energy requirement depend on?
- A. On weight and activity
  - B. On age and activity
  - C. On weight and height
  - D. On height and activity
- 1.2 Which **ONE** of the following is an example of unsaturated fat?
- A. Cheese
  - B. Bacon
  - C. Butter
  - D. Peanuts
- 1.3 Which statement **BEST** explains one of the roles of B Vitamins in the body?
- A. Promotes wound healing
  - B. Protects cell damage
  - C. Converts food into energy
  - D. Is responsible for normal blood clotting
- 1.4 Which statement **BEST** explains the role of fats on the foetus?
- A. Protects the cell structures
  - B. Build foetal organs and placenta
  - C. Prevents neural tube defects
  - D. Strengthen the immune system
- 1.5 When advising a pregnant woman on the importance of taking foods rich in folic acid, which foods would you encourage her to consume?
- A. Dairy products
  - B. Fortified cereals
  - C. Potatoes
  - D. Green leafy vegetables
- 1.6 Which **ONE** of the following describes the role of calcium supplementation during pregnancy?
- A. Decreases the risk of hypertensive disorders of pregnancy

- B. Decreases the risk of Diabetes Mellitus
- C. Decreases the risk of congenital abnormalities
- D. Decreases the risk of bleeding disorders during pregnancy

1.7 Which of the following statements **BEST** describes the relationship between maternal nutrition to child health?

- A. Maternal nutrition is of no significance to child health, as long as the mother feeds her child nutritious foods
- B. Maternal nutrition has a direct influence on neonatal and child health outcomes
- C. Maternal nutrition does not have a direct influence on neonatal and child health outcomes
- D. Maternal nutrition has an influence to neonatal and child health outcomes to a certain extent

1.8 What is the daily recommended amount of calories for toddlers?

- A. 10% of total daily calories
- B. 20% of total daily calories
- C. 30% of total daily calories
- D. 40% of total daily calories

1.9 What is **ONE** detrimental effect on the health of preschoolers if they consume excessive fruit juices?

- A. Obesity
- B. Inability to concentrate
- C. Gastro-intestinal symptoms
- D. Headaches

1.10 In the food pyramid, which class of foods is **MOST** important in toddlers?

- A. Grains
- B. Vegetables and fruits
- C. Fats and oils
- D. Milk and dairy

1.11 Which stage of child development are caloric needs diminished?

- A. Toddlers
- B. School age
- C. Early Adolescence
- D. Middle Adolescence

- 1.12 Which **ONE** of the following is an anthropometric index that should be used to determine child mal-nutrition?
- A. Weight for height
  - B. Body Mass Index (BMI)
  - C. Total lean body mass
  - D. Weight
- 1.13 The Integrated Management of Acute Malnutrition Programme aims to integrate management of acute malnutrition into health services at all levels. What are the Midwifery actions for a child who presents to the Outpatient Department with Acute Malnutrition?
- A. Triage, conduct an assessment, refer to the paediatrician, register and counsel and dispense medication with the ready to use therapeutic food as ordered
  - B. Triage, conduct an assessment, perform an appetite test with ready to use therapeutic food and dispense medications with ready to use therapeutic food
  - C. Triage, conduct an assessment, perform an appetite test with ready to use therapeutic food, register and counsel, dispense medication and ready to use therapeutic food
  - D. Triage, conduct and assessment, register and counsel, dispense medication and ready to use therapeutic food
- 1.14 Which **ONE** of the following foods accounts for more than 90 % of food allergies in children?
- A. Honey
  - B. Syrup
  - C. Milk
  - D. Berries
- 1.15 Which developmental stage is characterized by doubling of nutritional requirements, including iron, calcium, zinc and protein?
- A. School age
  - B. Pre-schooler
  - C. Toddler
  - D. Adolescence
- 1.16 What is the recommended dose of albendazole for children 2 years and older?
- A. 100mg
  - B. 200mg
  - C. 300mg

- D. 400mg
- 1.17 Weight assessment is an important component in the monitoring of the nutritional status of a child. When a child is brought to a Child Welfare Clinic, what else should the health care provider assess for, apart from weight?
- A. HIV status
  - B. Immunization and vitamin A supplementation status
  - C. Opportunistic infections
  - D. Signs of physical abuse
- 1.18 After a child has ingested food that she or he is allergic to, the body makes a protein immunoglobulin. What is the name of that immunoglobulin?
- A. IgE
  - B. IgG
  - C. IgA
  - D. IgD
- 1.19 Which **ONE** of the following is a clinical manifestation for a child with marasmus?
- A. Oedema
  - B. Fatty liver
  - C. Growth retardation
  - D. Flakey paint dermatitis
- 1.20 Which **ONE** of the following is one of the four forms of under-nutrition?
- A. Micro nutrient deficiencies
  - B. Overweight
  - C. Wasting
  - D. Obesity
- 1.21 What is the name of the syndrome that is associated with adolescent obesity?
- A. Stevenson Syndrome
  - B. Pickwinian Syndrome
  - C. Angelman Syndrome
  - D. Asherman's Syndrome
- 1.22 What does nutritional assessment of an HIV infected child involve?
- A. Evaluation of the child's growth pattern, appetite and opportunistic infections
  - B. Evaluation of the child's growth pattern, laboratory tests and opportunistic infections
  - C. Evaluation of the child's growth pattern, anthropometric indices and clinical status
  - D. Evaluation of the child's growth pattern, appetite, diet and opportunistic infections

- 1.23 In nutrition, what does the acronym RDA stands for?
- A. Resource Description Access
  - B. Recommended Daily Allowance
  - C. Recommended Daily Activities
  - D. Recommended Daily Amounts
- 1.24 After calculating the Body Mass Index (BMI) for Saun, a 5 year old boy the midwife plots the findings above the 95<sup>th</sup> percentile. What is the implication for the findings?
- A. Seun is obese
  - B. Seun is malnourished
  - C. Seun is overweight
  - D. Seun has acute malnutrition
- 1.25 Which **ONE** of the following characteristic of Anorexia Nervosa?
- A. Self induced vomiting
  - B. Excessive exercise
  - C. Denial of the existence of hunger
  - D. Fasting

[25]

## Question 2

2.1 Differentiate between kwashiorkor and marasmus, with specific reference to the following:

- 2.1.1 Flakey paint dermatitis (2)
- 2.1.2 Electrolyte imbalance (2)
- 2.1.3 Irritability (2)
- 2.1.4 Apathy (2)
- 2.1.5 Oedema (2)
- 2.1.6 Muscle wasting (2)

2.1.7 Growth retardation	(2)
	(14)
2.2 Explain why school age children are at risk of obesity	(10)
2.3 Define nutrition	(1)
	<b>[25]</b>

### **Question 3**

3.1 Discuss how the midwife can promote healthy diets, including lifestyles, among adolescents	(8)
3.2 Discuss nutritional counselling to parents who have brought in a toddler with history of refusal to feeds or to eat	(15)
3.3 Name any two anthropometric indices that can be used to assess the nutritional status of a child	(2)
	<b>[25]</b>

**Total [75 Marks]**