



UNIVERSITY OF ESWATINI
FACULTY OF HEALTH SCIENCES
MSc MIDWIFERY SCIENCE

SEMESTER I

FINAL EXAM

DECEMBER 2018

COURSE CODE: MWF631

TITLE OF PAPER: MATERNAL AND CHILD NUTRITION

DURATION: 2 HOURS

INSTRUCTIONS:

1. READ THE QUESTIONS CAREFULLY.
2. ANSWER ANY 4 QUESTIONS.
3. EACH QUESTION CARRIES 25 MARKS. WHERE A QUESTION IS SUBDIVIDED INTO PARTS, THE MARK FOR EACH PART IS SHOWN IN BRACKETS.
4. NO PAPER SHOULD BE BROUGHT INTO THE EXAMINATION ROOM.
5. WRITE NEATLY AND CLEARLY
6. BEGIN EACH QUESTION ON A SEPARATE SHEET OF PAPER.

SPECIAL REQUIREMENTS: NONE

DO NOT OPEN THIS QUESTION PAPER UNTIL PERMISSION IS GRANTED BY THE INVIGILATOR.

QUESTION 1

- (a) Describe the functions of Vitamin A in the body and the deficiencies associated with inadequate dietary intake. [10]
- (b) Outline the type of nutritional deficiency information obtained by analysing the following body tissues/fluids:
- i. Saliva. [5]
 - ii. Breast milk. [5]
 - iii. Hair. [5]

[25]

QUESTION 2

- (a) Folic acid is one of the micronutrients needed in adequate amounts during pregnancy. Discuss its function and the consequences of inadequate intake to the mother and baby. [10]
- (b) Describe the changes in nutrient needs from childhood to adolescence. Why is an adolescent girl more likely to develop iron deficiency than a boy? [15]

[25]

QUESTION 3

- (a) Discuss the risks associated with low maternal weight before conception. [6]
- (b) Describe the nutrient qualities of breast milk. [7]
- (c) Explain why it is necessary for a woman to gain weight during pregnancy. Identify the type of diet that may be suitable to achieve the desired body weight. [12]

[25]

QUESTION 4

- (a) Write notes on the following terms:
- i. Anthropometric measurements. [3]
 - ii. Wasting. [3]
 - iii. Stunting. [4]
- (b) Explain why some cases of kwashiorkor develop following an infectious disease and those of nutritional marasmus following gastroenteritis. (15 marks)

[25]

QUESTION 5

- (a) Define the following terms:
- i. Nutritional status. [2]
 - ii. Diet. [2]

- iii. Under-nutrition. [2]
 - iv. Body Mass Index (BMI). [2]
 - v. Recommended Dietary Allowance (RDA). [2]
- (b) "Obesity during pregnancy can present risks to the mother and child". Discuss the implications of this statement. (15 marks)

[25]

END OF QUESTION PAPER