

UNIVERSITY OF ESWATINI
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF MIDWIFERY SCIENCE

MAIN EXAMINATION PAPER- 2021

TITLE OF PAPER : CHILD NUTRITION
COURSE CODE : MWF 426
MARKS ALLOCATED : 75
TIME ALLOWED : TWO (2) HOURS

Number of pages including cover page: 4

INSTRUCTIONS / INFORMATION:

1. There are two sections in this paper.
2. Section one (1) comprises of multiple choice questions.
3. Section two (2) comprises of short essay questions.
4. Answer **ALL** questions.

DO NOT OPEN THIS PAPER UNTIL YOU ARE GIVEN PERMISSION TO DO SO

Instruction: For each of the following questions, write down the letter that indicates the best answer out of the given options.

1. Which of the following conditions would children deficient of thiamine (vitamin B1) in the diet suffer from?
 - A. osteopenia
 - B. beri-beri
 - C. protein malnutrition
 - D. scurvy

2. Exposure to toxic substances such as alcohol during pregnancy is linked with a high risk of trigeminal neuralgia to the infant. Which of the following **DOES NOT** represent symptoms of trigeminal neuralgia?
 - A. extreme, intermittent facial pain in the jaw or cheek
 - B. tingling or numbness on one side of the face
 - C. pain triggered by contact with the face or facial movements
 - D. inability to swallow

3. Which of the following is **NOT** true about Tourette syndrome in childhood?
 - A. Drug treatment completely eliminates symptoms
 - B. It is involuntary and may be a chronic condition
 - C. Symptoms are generally most severe during adolescence
 - D. Symptoms are generally detected in children

4. Which of the following statements about vitamin B3 (niacin) is **NOT** true?
 - A. It helps to release energy in carbohydrates, fat, and protein
 - B. It improves blood lipid levels
 - C. Deficiency causes beriberi
 - D. It is involved in the synthesis of sex hormones

5. Pregnancy-related osteoporosis is atypical, however, may cause spinal fractures. Which of the following are **NOT** potentially modifiable risk factors for osteoporosis?
 - A. Anorexia nervosa
 - B. Chronically low intake of calcium and vitamin D
 - C. Chronically low intake of vitamins C and B6
 - D. Excessive alcohol consumption

6. Which of the following conditions would be a consequence of a pregnant woman who consumes less than 130 grams of carbohydrate per day?
 - A. hypoglycemia
 - B. kwashiorkor
 - C. marasmus
 - D. ketosis

7. Women in the postpartum period are often concerned about weight and may engage in certain diets to alleviate excess weight. Which one of the following is **NOT** a characteristic of successful dieting?
- A. Maintaining a daily food journal
 - B. Counting calories
 - C. Adhering to a strict eating plan
 - D. Eliminating all carbohydrates from their diets
8. Iron supplements are frequently recommended for all of the following, **EXCEPT** one. Which one group is that?
- A. Women who are pregnant
 - B. Infants and toddlers
 - C. Teenage girls
 - D. Post-menopausal women
9. Which of the following statements is **TRUE** about lactation?
- A. Anabolic state resulting in an increased need for energy of 500 kcal/day more than the usual 2200 kcal/day
 - B. State where Protein, Zinc, Niacin, Vitamins A, C, and E requirements increase above those in pregnancy.
 - C. State where chronically low maternal Vitamin intake leads to low iron, Vitamin D, B6, thiamin, and folate in breast milk.
 - D. All of the above
10. Which of the following is / are needed in increased amounts during pregnancy because it is an important element in tissue growth?
- A. Vitamin A
 - B. B Vitamins
 - C. Vitamin C
 - D. Both A & C

[Total marks = 10]

SECTION B: SHORT ESSAY QUESTIONS

QUESTION 1

Read the scenario given below and answer the questions that follow.

Dr. Lue is a lecturer at UNESWA, Faculty of Social Sciences, Department of Social Work; she lives at Zulwini and has been working at the university for 10 years. She is a primigravid mother who is determined to do her best to maintain an optimal health status of her infant and she is cognisant that child nutrition is critical. Therefore, she asks you the following questions regarding taking good nutritional care of her baby:

- A. How frequently should a mother breastfeed her infant? (3 marks)
- B. How can Dr. Lue tell that her baby is getting enough breast milk? (5 marks)
- C. How can Dr. Lue sustain breastfeeding when working away from home? (10 marks)
- D. How can Dr. Lue increase her breast milk supply? (7 marks)

Respond to Dr. Lue's questions using insights obtained in your tertiary training. (*Take into consideration the marks allocated in each question you are responding to*)

[Total marks = 25]

QUESTION 2

A. Describe the effects of the following non-nutritive substances in food in pregnancy and pregnancy outcomes:

- i. Bishpenol-A (BPA) (3 marks)
- ii. Lead (3 marks)
- iii. Melamime (3 marks)
- iv. Mercury (3 marks)
- v. Polychlorinated Biphenyls (PCBs) (3 marks)

B. Explain management approaches to the common breastfeeding difficulties listed below: (5 marks)

- i. Retracted nipples
- ii. Baby's mouth not open wide enough
- iii. Baby sucks poorly
- iv. Baby demonstrates rooting but does not grasp the nipple; eventually cries in frustration
- v. Baby falls asleep while nursing

[Total marks = 20]

QUESTION 3

- A. What is meant by complementary feeding? (1 mark)
- B. When should a baby begin to receive complementary foods? (5 marks)
- C. How should babies be given complementary foods and what foods should they receive? (14 marks)

[Total marks = 20]