**MERU UNIVERSITY OF SCIENCE AND TECHNOLOGY**

**P.O. Box 972-60200 – Meru-Kenya.**

 **Tel: 020-2069349, 061-2309217. 064-30320 Cell phone: +254 712524293, +254 789151411**

**Fax: 064-30321**

**Website:** [**www.must.ac.ke**](http://www.must.ac.ke) **Email:** **info@must.ac.ke**

**University Examinations 2016/2017**

THIRD YEAR, FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF HUMAN NUTRITION AND DIETETICS.

**AFN 3302: MATERNAL AND CHILD HEALTH AND NUTRITION**

**DATE: DECEMBER, 2016 TIME: 2 HOURS**

**INSTRUCTIONS: -** *Answer question* ***one*** *and any other* ***two*** *questions*

**QUESTION ONE (30 MARKS)**

1. Briefly discuss activities involved in each of the three components of preconception care (6 marks)
2. 45-50% increase in blood volume is expected during pregnancy. Explain the reasons to increased blood requirements. (4 marks)
3. Briefly discuss five major consequences of maternal malnutrition during pregnancy. (5 marks)
4. Briefly discuss two problems encountered during breastfeeding and management of each problem mentioned above. (5 marks)
5. Newborns are expected to lose 5% to 10% of weight by 3-4 day after delivery. Give reasons leading to this weight loss. (2 marks)
6. Explain the importance of growth chart as a tool for growth monitoring. (2 marks)
7. Briefly discuss three effects of vitamin A deficiency. (6 marks)

**QUESTION TWO (20 MARKS)**

1. Discuss the five components of focused antenatal care. (20 marks)

**QUESTION THREE (20 MARKS)**

1. Describe the two hormonal secretions involved in physiology of breast feeding .(2 marks)
2. Discuss in detail four compositions of breast milk. (8 marks)
3. Discuss four advantages of breastfeeding to the baby and mother. (4 marks)
4. About 60% of HIV transmission from mother to child occurs during labour and delivery. Describe factors leading to this high percentage. (6 marks)

**QUESTION FOUR (20 MARKS)**

1. Discuss five physiologic gastrol intestinal changes that are experienced during pregnancy. (10 marks)
2. Come up with an intervention plan for each of the five issues discussed above. (10 marks)