

UGANDA MARTYRS UNIVERSITY

FACULTY OF HEALTH SCIENCES

BACHELOR OF PUBLIC HEALTH HEALTH PROMOTION YEAR THREE

END OF MODULE TEST BPHP 2334 FOOD & NUTRITION JULY 2023

Instructions

1. Clearly indicate your registration number
  2. Circle the most correct answer
  3. Time allowed: 1 hour
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1. A two year old child was brought to the OPD by his parents with complaints of not eating anything On amination her weight is 11.5 kg (50th percentile of normal)and height 75 percentile of normal management is
    - a) Advise multivitamin Tonic
    - b) Force to eat
    - c) Investigate for UTI
    - d) Ask parents to stop worrying
  2. A 7 year old boy with reduced height and weight for age for past one year is likely to have
    - a) Malnutrition
    - b) Lymphoma
    - c) Chronic infection
    - d) Measles
  3. The composition of breast milk, per 100ml
    - a) 67 calories, 3.5 protein, 3.5g fat and 4.5 g carbohydrate
    - b) 67 calories, 1.2g protein, 4 g fat and 4.5 g carbohydrate
    - c) 67 calories, 1.2g protein, 4g fat and 7 g carbohydrate
    - d) 100 calories, 3.5 protein, 4g fat and 7 g carbohydrate
    - e) 100 calories, 3.5g protein, 3.5g fat and 4.5 g carbohydrate
  4. Which vitamin deficiency is not seen in newborn ?
    - a) E
    - b) c
    - c) D
    - d) K
  5. A 4 year old boy derives most of his caloric requirements from
    - a) Carbohydrates
    - b) Proteins

- c) Fats
  - d) Minerals
6. Perioral rash, pigmentation of skin creases and neuritis is seen in deficiency of
- a) Zinc
  - b) Copper
  - c) Magnesium
  - d) Biotin
7. Vitamin K deficiency occurs in the following except
- a) Biliary obstruction
  - b) Artificial milk feeds
  - c) Oral antibiotic Therapy
  - d) Malabsorption
8. Kwashiorkor is diagnosed in growth retarded children along with
- a) edema and mental retardation
  - b) Hypopigmentation and anemia
  - c) edema and hypopigmentation
  - d) hepatomegaly and anemia
9. Which one of the following contains least fat content in the milk
- a) Human milk
  - b) Goat milk
  - c) Buffalo milk
  - d) Cow milk
10. The following are selective feeding programs except?
- a. Therapeutic feeding program
  - b. Supplementary feeding program
  - c. General food distribution
  - d. Blanket supplementary feeding program
11. Which of the following is NOT a malnutrition emergency?
- a. Vitamin A deficiency
  - b. Marasmus
  - c. Kwashiorkor
  - d. Marasmic Kwashiorkor
  - e. None of the above
12. Which condition is more common with non-cereal based diet?
- a. Vitamin A deficiency
  - b. Marasmus
  - c. Kwashiorkor
  - d. Marasmic Kwashiorkor
13. "the average daily dietary intake level of a nutrient considered sufficient to meet the requirements of nearly all (97–98%) healthy individuals in a specific age and gender group".

- a. Estimated average requirement
- b. Recommended dietary allowance
- c. Adequate intake
- d. Tolerable upper limit

14. RDA for protein on average for the females is ?

- a. 45-55 g/day
- b. 50-60 g/day
- c. 45-50g/day
- d. 45-55mg/day

15. "is the measure of the proportion of absorbed protein from the food which becomes incorporated into the proteins of the body"

- a. Net protein utilization
- b. Biological value
- c. Nitrogen balance
- d. Protein net absorption

16. The following describe a positive nitrogen balance except

- a. Convalescence
- b. Pregnancy
- c. Trauma
- d. Growth

17. Deficiency of which of the following is associated with neuro-tube defects?

- a. Thiamine
- b. Niacin
- c. Folate
- d. Cobalamin

18. .... vitamin is best known for its role in coagulation cascade

- a. A
- b. C
- c. K
- d. B12

19. The following Labs are highly suggestive of? Serum Albumin < 2.5gm/dl, Iron & folic acid deficiencies, and Liver biopsy for fatty liver (Hepatomegaly)

- a. Vitamin A deficiency
- b. Marasmus
- c. Kwashiokor
- d. Marasmic Kwashiokor

20. Hydrogenation of vegetable oil makes it easy to store and increase its shelf life. However, it comes with its own risks like;

- A. Changing the saturated fats to unsaturated fats

- B. Changing the trans-fats to unsaturated fats
- C. Hardening the oil
- D. Changing the cis-fats to trans-fats
- E. Formation of cholesterol in the hydrogenation process

21. Deficiency of \_\_\_\_\_ causes pernicious anemia, while that of \_\_\_\_\_ results in hypochromic microcytic anemia

- A. Mo, Cu
- B. Fe, Mn
- C. Co, Cu
- D. Mg, Fe
- E. Zn, I

22. The biological activity of vitamin E has been attributed in part to its action as a (n):

- A. antioxidant
- B. carrier in the electron transport chain
- C. anticoagulant
- D. precursor of a hormone
- E. antidote for lead poisoning

23. Body mass index:

- A. Is commonly assessed as an index of the body weight in grams divided by the height in metres squared
- B. Is commonly assessed using an index expressed as the height in metres squared divided by the body weight in kilograms squared
- C. Is a group of metabolic disorders including increased plasma free fatty acids and ketogenesis
- D. Is commonly expressed as the body weight in kilograms divided by the height in metres squared
- E. Is not necessary in control of diabetes

24. Jeska was brought to the hospital suffering from bone pain, hepatosplenomegaly, nausea and diarrhea. Biochemical tests were done, and the most likely Jeska's condition was a manifestation of;

- A. Hypervitaminosis E
- B. Hypervitaminosis D
- C. Excess accumulation of vitamin A
- D. Excess accumulation of vitamin C
- E. High consumption of omega 3 fats

25. Which of the following vitamins/ elements enables normal bone mineralization and prevents hypocalcemic tetany?

- A. Vitamin C
- B. Vitamin D
- C. Calcium
- D. Zinc
- E. Selenium

26. One of the following nutrients is most important for bone and teeth formation; and activity of kinases

- A. Phosphorus
- B. Vitamin D
- C. Calcium
- D. Magnesium
- E. Manganese

27. The flag sign is highly suggested of

- a. Kwashakoir
- b. Marasmus
- c. PEM
- d. All of the sudden

28. Which of these IS NOT a diagnostic sign for kwashakoir

- a. Hair changes
- b. Edema
- c. Muscle wasting
- d. Psychomotor changes

29. Which of the following vitamins lacks antioxidant effect?

- a. Vitamin A
- b. Vitamin B
- c. Vitamin C
- d. Vitamin E

30. In management of COVID 19, Vitamin C, vitamin A and Zinc are mainly included for their ..... principle effect

- a. Antibiotic
- b. Antioxidant
- c. Anti-inflammatory
- d. Anti-viral

**THE END**