

**NATIONAL UNIVERSITY OF LESOTHO**  
**FACULTY OF HEALTH SCIENCES**  
**DEPARTMENT OF NUTRITION**  
**NUTRITION THROUGHOUT THE LIFE CYCLE - NUT2303**  
**SEMESTER II EXAMINATION**

**JUNE 2023**

**TIME: 3HRS**

**MARKS: 100**

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**Instructions:**

- The paper consists of two (2) sections; section A (50 marks) and section B (50 marks).
- Attempt all the questions.
- Write each question on a separate page.
- Answer questions orderly.

## SECTION A

### QUESTION 1

1.1 Explain why teenage pregnancies are a risk. Mention factors that may influence the course of pregnancy negatively. **[10 marks]**

1.2 Mrs Maki, a pregnant 21-year-old woman is 175cm tall and currently weighs 62kg in her 34<sup>th</sup> week. Her pre-pregnancy weight was 59kg. Using the BMI range, determine the weight she should have gained and compare that to her current weight and discuss. **[10 marks]**

1.3 Discuss five (5) factors that negatively influence the physical growth pattern of children. **[10 marks]**

1.4 Discuss the standards used to determine physical maturity. **[5 marks]**

1.5 Discuss how you would establish good eating habits among toddlers. **[5 marks]**

1.6 Discuss eating behaviour and factors that influence food intake in preschool children. **[10 marks]**

**Total: 50 Marks**

## SECTION B

### QUESTION 1

You are a nutritionist on an inpatient psychiatric unit. Libakiso, a 23-year-old woman, was admitted to the psychiatric unit last night after assessment and treatment at a local hospital emergency department for “blacking out at school.” She has been given a preliminary diagnosis of anorexia nervosa. As you begin to assess her, you notice that she has very loose clothing, she is wrapped in a blanket, and her extremities are very thin. She tells you, “I don’t know why I’m here. They’re making a big deal about nothing.” She appears to be extremely thin and pale, with dry and brittle hair, as well as spoon-shaped nails, her skin looks rough and bruising, and she constantly complains about being cold and tired. As you ask questions pertaining to weight and nutrition, she becomes defensive and vague, but she does admit to losing “some” weight after an appendectomy 2 years ago. She tells you that she used to be fat, but after her surgery, she didn’t feel like eating and everybody started commenting on how good she was beginning to look, so she just quit eating for a while. She informs you that she is eating lots now, even though everyone keeps “bugging me about my weight and how much I eat.” She eventually admits to a weight loss of “about 20kg and I’m still fat.” She has been having irregular periods.

1.1 How was the diagnosis of anorexia nervosa determined? Give five points. **[10 marks]**

- 1.2 What are the eight clinical symptoms of anorexia nervosa that Libakiso has? **[8 marks]**
- 1.3 What other five disorders might occur along with anorexia nervosa? **[5 marks]**
- 1.4 How does bulimia nervosa differ from anorexia nervosa? **[2 marks]**

## **QUESTION 2**

Thulie is a 27-year-old mother of a baby girl Beyonce (3 months old). She has been taking Dolutegravir since when she was pregnant. Thulie's current viral load is >1000 copies/ml. She missed 2 doses last week and 1 yesterday, of her treatment. Beyonce was born weighing 2705g and her current weight is 3010g. Thulie seldomly gives Beyonce Dolutegravir. Beyonce is on Similac as Thulie perceives she has breastmilk insufficiency, which she poorly prepares so it can last for the month. Sometimes Thulie feeds Beyonce jelly, ultramel and double cream yoghurt as they are soft.

- 2.1 What are the recommended feeding practices for infants? Give two points and discuss them in detail. Include recommendations for HIV infection or exposure. **[10 marks]**
- 2.2 What advice on feeding practices will you give to Thulie and why? Outline your three points clearly and discuss. **[15 marks]**

**Total: 50 marks**

**THE END**