



NATIONAL OPEN UNIVERSITY OF NIGERIA
University Village, Nnamdi Azikiwe Express Way, Jabi, Abuja
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PUBLIC HEALTH SCIENCE
2021_2 EXAMINATION

COURSE TITLE: Introduction to Public Health Nutrition

COURSE CODE: PHS802

CREDIT UNIT: 2 Units

TOTAL SCORE: 70 Marks

TIME ALLOWED: 1½ Hours

INSTRUCTION: Answer All Questions

QUESTION 1 25 Marks

Some nutrients cannot be produced in the body or they are made in small quantities to support good health.

- 1a). List these nutrients. **(2 marks)**
- 1b). Briefly describe these nutrients with relevant examples. **(11 marks)**
- 1c). Fibre is not a nutrient. Discuss with relevant examples. **(12 marks)**

QUESTION 2 25 Marks

Nigeria is experiencing a prolonged boko haram and insurgency, banditry, kidnapping and all manner of insecurity crisis. Discuss the following:

- 2a). What are the nutritional consequences of these disasters among the affected population? **(9 marks)**
- 2b). Explain the nutritional solutions to this crisis in Nigeria. **(8 marks)**
- 2c). Which groups of people are vulnerable to the consequences of these disasters and why? **(8 marks)**

QUESTION 3 20 Marks

You are to cook Okra soup and you go to the market to buy the ingredients.

- 3a). Who are the stakeholders involved in the ingredients you want to buy? **(5 marks)**
- 3b). Briefly describe the roles of these stakeholders to ensure food safety with relevant examples. **(15 marks)**