



NATIONAL OPEN UNIVERSITY OF NIGERIA

Plot 91, Cadastral Zone, NnamdiAzikwe Express Way, Jabi, Abuja, FCT

Faculty of Health Sciences

January, 2018

Programme: Bachelor of NursingScience

Course Code: NSS302

Course Credit Unit: 3

Course Title – Nutrition in Health and Illness

Time Allowed: 2 hours

Total Score: 70 marks

Instruction: Answer ALL questions

QUESTION 1

Write short notes on the following:

- 1a). Nutritional diseases (10 marks)
- 1b). Beri-beri (10 marks)
- 1c). Protein-calorie malnutrition (10 marks)

QUESTION 2

- (A) List ten (10) food groups found in Nigerian market (5marks)
- (B) Outline two (3) major nutrient content of any 5 mentioned above (15marks)

QUESTION 3

- 3a) What is anaemia? (2marks),
- 3b) List three (3) dietary/nutritional causes of anaemia. (3marks)
- 3c) Discuss with relevant examples iron-deficiency anaemia (15marks)