



NATIONAL OPEN UNIVERSITY OF NIGERIA
UNIVERSITY VILLAGE, NNAMDI AZIKIWE EXPRESS WAY, JABI, ABUJA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PUBLIC HEALTH
2024_2 EXAMINATION

PROGRAMME: M.Sc PUBLIC HEALTH

COURSE CODE: PHS802

COURSE TITLE –INTRODUCTION TO PUBLIC HEALTH NUTRITION

CREDIT UNITS: 3

TIME ALLOWED: 2½ HOURS

ATTEMPT ALL QUESTIONS

- 1a. i. Highlight five (5) roles of dietary fibre in health (5 marks marks)
ii. List five (5) functions of minerals in foods? (2 ½ marks)
- 1b. Give five (5) distinguishing characteristics between marasmus and kwashiorkor(5 marks)
- 1c. Explain five (5) food sources of minerals and five (5) food sources of vitamins, stating the mineral and vitamins found in the foods. (5 marks)
- 2a. i. Who are adolescents? (1 mark)
ii. List the three developmental groups of adolescents (3 marks)
- 2b. With the aid of diagram, illustrate nutrition through the life cycle (7 ½ marks)
- 2c. Adolescent stage is a critical period for the development of lifestyle and eating behaviours. Explain the factors that influence the eating behaviours of adolescence, stating the consequence of their eating behaviours on their nutrition and health status (6 marks).
- 3a. What is the overall goal of Nation Plan of Action for Nutrition? (2 marks)
- 3b. Describe the composition of the National Plan of Action for Nutrition (NPAN) (15 ½ marks)
- 4a. What is the consequence of consuming unsafe food? (5 marks)
- 4b. List the two major reasons why food should be made safe (2 ½ marks)
- 4c. Explain the roles of the following food supply chain stakeholders in ensuring food safety
- i. Food transporters
 - ii. The market food-stuff seller
 - iii. Meat butchers
 - iv. Fruit vendors
 - v. Caregivers (10 marks)

(TOTAL = 70 MARKS)