



**NATIONAL OPEN UNIVERSITY OF NIGERIA**  
**91 CADASTRAL AVENUE, NNAMDI AZIKIWE EXPRESS WAY, JABI, ABUJA**  
**FACULTY OF HEALTH SCIENCES**  
**DEPARTMENT OF PUBLIC HEALTH SCIENCE**  
**2025\_1 EXAMINATION**

**COURSE CODE: PHS802**

**COURSE TITLE: INTRODUCTION TO PUBLIC HEALTH NUTRITION**

**CREDIT UNITS: 2**

**TIME: 1½ HOURS**

**TOTAL SCORE: 70 MARKS**

**INSTRUCTION: ANSWER ALL QUESTIONS**

**QUESTION 1 25 marks**

1a). Describe the importance of Exclusive breastfeeding. **(10 marks)**

1b). A new mother just gave birth to a bouncing baby in XWY PHC. She was about to start breast feeding her new born baby after 1 hour of delivery but she said she does not like the colour of the breastmilk and wanted to express it out and throw it away. As the Public Health Nutritionist on duty, you were called to come and handle the situation. Discuss how you will handle this case professionally? **(10 marks)**

1c). List five (5) factors that limit EBF. **(5 marks)**

**QUESTION 2 20 marks**

2a). Who are the vulnerable groups in times of disaster? **(5 marks)**

2b). Discuss in details at least five (5) Stakeholders in the food safety chain with clear examples. **(15 marks)**

**QUESTION 3 25 marks**

3a). Write a short note on the four (4) pillars of food security. **(5 marks)**

3b). With a clear diagram, discuss food insecurity, its determinants and consequences. **(10 marks)**

3c). Discuss the advantages and disadvantages of Individual's dietary intake as one of the methods of measuring food security. **(10 marks)**