



PROGRAM : NATIONAL DIPLOMA
SOMATOLOGY

SUBJECT : **NUTRITION II**

CODE : **SNU21-1**

DATE : FINAL THEORY EXAM
NOVEMBER 2016

DURATION : 3 HOURS

WEIGHT : 50: 50

TOTAL MARKS : 140

EXAMINER : MRS D CAMPBELL

MODERATOR : MRS N MATENJWA

NUMBER OF PAGES : 3 PAGES

INSTRUCTIONS : PLEASE READ THROUGH THE WHOLE PAPER BEFORE
ANSWERING THE QUESTIONS CAREFULLY.

REQUIREMENTS : 2 EXAMINATION SCRIPTS PER CANDIDATE

QUESTION 1

1.1 One of your clients has been trying to fall pregnant for over a year now, without success. Provide her with some sound and relevant advice to assist in maximizing fertility according to the Nutrition work you have studied this year. Motivate when necessary. **10**

1.2 Pregnant women often suffer with pregnancy related conditions resulting in them not always feeling very well or even compromising their own health. Discuss these and provide relevant advice to combat these under the following headings:

1.2.1 Morning sickness	8
1.2.2 Pica	6
1.2.3 Indigestion/heartburn	6
	[30]

QUESTION 2

2.1 Identify the advantages to breast feeding. **6**

2.2 Provide sound advice to knowing when an infant is ready for the introduction of solids. **6**

2.3 A client has a preschooler who is only prepared to eat spaghetti and mince. She eats this all day and every day. Identify the phase this child is going through and offer advice to allay this mothers fears. **6**

2.4 Vitamin supplementation is not recommended during the early years of life. Elaborate on this statement. **3**
[21]

QUESTION 3

3.1 Identify the reasons why the nutritional needs of teens are quite unique. **6**

3.2 There are a number of factors affecting the food choices of teens. Discuss this under the following headings:

3.2.1 Body image	5
3.2.2 Athletic performance	3

3.3 Highlight parents' responsibilities for child and teen nutrition. **8**

3.4 Write a paragraph providing advice to clients with teens to assist them in helping their teens choose more nutritious food.

10
[32]

QUESTION 4

You are currently a young adult – some of you have moved out of home during your studies and have to look after yourselves while others are still living at home.

4.1 Highlight the challenges you face nutritionally as a young adult and how you can go about making positive and appropriate changes. Draw on your knowledge of Nutrition I and II to answer this question.

10

4.2 Young adults who have qualified and who are working and independent face additional challenges nutritionally. More disposable income does not always mean better nutritional choices are made. Elaborate on these challenges and provide appropriate solutions based on what you have learnt in Nutrition II this year.

10
[20]

QUESTION 5

5.1 Elaborate on how adulthood is different from the other phases of life taking into account physical and physiological changes.

8

5.2 Discuss the nutrient needs of adults under the following headings:

5.2.1 calories

4

5.2.2 water

5

5.3 Your elderly (80 year old) grandmother lives with you. Identify three (3) issues that could adversely affect her nutritional health and well-being. Also include how these can be averted.

6
[23]

QUESTION 6

6.1 Define osteoporosis.

3

6.2 Identify six (6) risk factors associated with a higher risk of osteoporosis.

6

6.3 Elaborate on osteoporosis prevention through nutrition.

5
[14]