ST MARY’S UNIVERSITY

TWICKENHAM, LONDON

BA/BSc or MA/MSc Degree Examination students registered for

Level **FIVE**

Title**: Lifespan Nutrition**

Code: **NUT5035**

Semester: **Resit**

Date: **1st July 2019**

Time: **09:30- 11:30 AM**

TIME ALLOWED: **TWO** HOURS

**SECTION A**: Answer **TWO** questions from this section; each question is worth 15 marks each).

**SECTION B:** Answer **TWO** questions from this section; each question is worth 35 marks each.

**Answer each question in a separate answer booklet**

**SECTION A:** Answer **TWO** questions from Section A. Each question is worth 15 marks each.

1: Maternal Dietary Reference Value for iron during pregnancy is the same as for non-pregnant women. Briefly discuss the reasons for this. (15 marks)

2 Briefly outline TWO pieces of evidence that David Barker discuss to help support the Barker Theory “that our prediction of life expectancy, health and emotions are predetermined in the womb” (15 marks)

3

1. Define what complementary feeding is and when and why it should start. (7 marks)

b) What are the risk associated with weaning infants prior to the recommendations? (8 marks)

4. Briefly describe and explain the different genetic types of obesity and indicate the relevance of these in the overall childhood obesity prevalence. (15 marks)

**SECTION B**: Answer **TWO** questions from Section B. Each question is worth 35 marks each.

1: With reference to the relevant reports, give a detailed account on how relevant iron, calcium, and sodium are for adolescent health (in your answer, consider the dietary sources as well). (35 marks)

2.

a) Discuss the advantages of breast-feeding on maternal and on child health. (20 marks)

1. Explain the reasons and factors when breast feeding might not be the best option for the child and the mother. (15 marks)

3.

1. What are the complications as a result of being over or under weight during pregnancy? (15 marks)
2. Describe how nausea and vomiting in pregnancy can affect the nutrient intake and nutritional status in women. (20 marks)

4. Using examples for each, explain how physiological, psychological and social factors influence food intake in older adults. (35 marks)

**END OF EXAMINATION**