ST MARY’S UNIVERSITY

TWICKENHAM, LONDON

BA/BSc Degree Examination students registered for

Level **FIVE**

Title**: Lifespan Nutrition**

Code: **NUT5035**

Semester: **ONE**

Date: **January 7th 2019**

Time: **9:30 – 11:30AM**

TIME ALLOWED: **TWO** HOURS

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

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

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

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

1 Briefly discuss how maternal iron requirements change in pregnancy and why there is no change in the Dietary Reference Value for iron during pregnancy. (15 marks)

2

a) Define exclusive breastfeeding and current World Health Organisation (WHO) recommendations. (5 marks)

b) Briefly describe barriers to breastfeeding to young mothers. (10 marks)

3. Briefly discuss the arguments for and against the mandatory fortification of flour with folic acid in the UK. (15 marks)

4

a) Describe what clinically assisted (or artificial) nutrition and hydration (CANH) at the end of life involves. (5 marks)

b). Briefly discuss the ethical issues surrounding the provision/withholding/withdrawal of CANH at the end of life. (10 marks)

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

1 Giving examples, explain how the following processes influence food Intake in the older adult:

A: Physiological factors (15 marks).

B: Psychological factors and social factors (20 marks).

2 The Barker hypothesis proposes that ‘*fetal nourishment supplied in the womb and during infancy determines the subsequent development and health’*. Using five key studies, briefly outline how they support this theory.

(35 marks)

3. Using relevant evidence, discuss the factors which influence acceptance of fruit and vegetable consumption at the start of the complementary feeding (CF) period.

(35 marks)

4. Explain, using examples, which lifestyle factors cause or contribute to childhood obesity. (35 marks)

**END OF EXAMINATION**