



NATIONAL OPEN UNIVERSITY OF NIGERIA
UNIVERSITY VILLAGE, NNAMDI AZIKIWE EXPRESS WAY, JABI, ABUJA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PUBLIC HEALTH
2024 1 EXAMINATION

PROGRAMME: MSc PUBLIC HEALTH

COURSE CODE: PHS802

COURSE TITLE –INTRODUCTION TO PUBLIC HEALTH NUTRITION

CREDIT UNITS: 3

TIME ALLOWED: 2½ HOURS

ATTEMPT ALL QUESTIONS

- 1a. Enumerate five (5) functions of proteins in the body
- 1b. Explain the classification of protein and list all the components of each classification based on their essentiality for infants and adults.
- 1c. Distinguish between complete and incomplete protein, giving an example of foods that can be combined to ensure consumption of complete protein and identify the incomplete protein in the specific foods.
- 1d. Describe the digestion of proteins in the body

- 2a. What is the composition of colostrum?
- 2b. Explain the procedure for measuring the mid-upper arm circumference of a child
- 2c. List and explain the indices of malnutrition in under-5 children

- 3a. What is goal of the “National Plan of Action for Nutrition” (NPAN)?
- 3b. Distinguish between the “National Plan of Action for Nutrition” (NPAN) and the “National Food and Nutrition Policy”
- 3c. Enumerate ten (10) stakeholders (ministries and agencies) who came together to develop the National Plan of Action for Nutrition

- 4a. Who are the main vulnerable groups in emergency situation? (2 marks)
- 4b. Differentiate between the household income and expenditure survey method and the Food and Agriculture Organization method of measuring food security
- 4c. Illustrate the concept of food and nutrition security