



NATIONAL OPEN UNIVERSITY OF NIGERIA

Plot 91, Cadastral Zone, Nnamdi Azikwe Express Way, Jabi, Abuja, FCT

Faculty of Health Sciences

Department of Nursing Sciences

April 2019 Examination

Programme: Bachelor of Nursing Science

Course Code: NSS302

Course Title: Nutrition in Health and Illness

Course Credit Unit: 3 Units

Total Marks: 70 Marks

Time Allowed: 2 ½ Hours

Instruction: Answer All the Questions

1. The understanding of what food is has become so fundamental to the understanding of nutrition and dietetics.
 - a. Explain the concept of food (2 marks)
 - b. Outline three (3) major groups of nutrients and examples of each (3 marks)
 - c. Describe the five (5) food groups that are widely recognized around the world (15 marks)
 2. Preservation of foods is traceable to the earliest civilization. State briefly how you will preserve the following food items:
 - a. i. Milk and milk products ii. Eggs
 - b. i. Meat, poultry and fish ii. Vegetables and fruits

(3 marks each, total=12 marks)

 - c. Discuss the place of food additives as a means of preserving foods (8 marks)
3. Breast milk remains the preferred food for the human infants.
 - a. Outline the advantages of breastfeeding (5 marks)
 - b. Discuss five (5) factors that militate against breastfeeding (10 marks)
 - c. Describe strategies that will be taken to arrest the deteriorating nutritional status of Nigerian populace. (15 marks)