



NATIONAL OPEN UNIVERSITY OF NIGERIA
91 CADASTRAL AVENUE, NNAMDI AZIKIWE EXPRESS WAY, JABI, ABUJA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PUBLIC HEALTH SCIENCE
2025_2 EXAMINATIONS

COURSE CODE: PHS802

COURSE TITLE: INTRODUCTION TO PUBLIC HEALTH NUTRITION

CREDIT UNIT: 2

TIME: 1½ HOURS

TOTAL SCORE: 70 MARKS

INSTRUCTION: ANSWER ALL QUESTIONS

QUESTION 1 25 marks

- 1a). Give WHO's definition of Exclusive breastfeeding (2 marks)
- 1b). Give any two (2) major policies of breastfeeding aimed at encouraging breastfeeding in Nigeria. (2 marks)
- 1c). What is the theme of the 2024 World Breastfeeding week? (1 mark)
- 1d). Using a table with clear labels, describe the five (5) major nutritional contents of human breastmilk. (20 marks)

QUESTION 2 20 marks

- 2a). Define food insecurity according to the National Research Council, (2006). (2 marks)
- 2b). Explain why it is recommended that there is a strong rationale for measuring food insecurity at the household level. (10 marks)
- 2c). There is a communal conflict in XYZ village in Jass State. Discuss the nutritional conditions of this community at this period and the agencies that should be concerned. (8 marks)

QUESTION 3 25 marks

- 3a). Describe who is an adolescent with relevant examples. (10 Marks)
- 3b). Discuss the nutrient requirements of adolescents. (15 Marks)