

**UNIVERSITY OF ESWATINI**  
**FACULTY OF HEALTH SCIENCES**  
**DEPARTMENT OF MIDWIFERY SCIENCE**

**MAIN EXAMINATION – DECEMBER, 2019**

**TITLE OF PAPER** : MATERNAL AND CHILD NUTRITION  
**COURSE CODE** : MWF 631  
**MARKS** : 100  
**TIME ALLOWED** : THREE (3) HOURS  
  
**EXAMINER** : DR. SKS MASUKU

Number of pages including cover page: 2

**INSTRUCTIONS**

1. Read questions carefully
2. Answer all questions
3. Write legibly
4. Start each question on a new page

**DO NOT OPEN THE PAPER UNTIL YOU ARE TOLD TO DO SO**

### Question 1

- A. Malnourished children are vulnerable to lead poisoning. They absorb more lead if they have low intakes of calcium, zinc, vitamin C and D. Stubborn rates of malnutrition in the country compel you as the Program Director for Maternal and Child Health to strategise towards reducing the likelihood of lead poisoning. Describe 10 strategies that you will come up with to protect children against lead poisoning. (10)
- B. The Social Ecological Model (SEM) is a theory-based framework for understanding the multifaceted and interactive effects of personal and environmental factors that determine behaviour; that is, identifying behavioural and organizational leverage points and intermediaries for health promotion within organizations. Advocacy is one of the useful communication strategies under SEM. Discuss how you would perform the advocacy role with regards to maternal and child nutrition. (15)

### Question 2

- A. One of the junior nurses reports a case where the mother is frustrated by her toddler whose appetite is low. Explain to all your junior nurses how children's appetite and nutrient needs reflect their stage of growth (20)
- B. Recommend an eating plan and physical activity to prevent childhood obesity (5)

### Question 3

- A. Discuss challenges of unmet nutritional needs among adolescents (20)
- B. Based on the nutritional acumen you acquired, develop feeding guidelines that maybe helpful to the development of toddlers. (5)

### Question 4

- A. The rising numbers of women who consume alcohol is concerning. Discuss moral implications of using alcohol during pregnancy. (20)
- B. Infant and Young Child Feeding (IYCF) is a critical aspect of maternal and child nutrition. Why is breastfeeding considered an IYCF best practice (5)