

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

FACULTY OF MEDICINE

MEDICAL SCHOOL

BACHELOR OF MEDICINE AND BACHELOR OF SURGERY DEGREE
PART 1 EXAMINATION

(MSM 1202) Nutrition and Primary Health Care

DATE: DECEMBER 2005

TIME: 3 HOURS

Instructions to Candidates

- 1) Answer all questions

SECTION A

1. Outline the contents of the Alma-Ata Declaration of 1978. (12)
2. Highlight the strides taken by the Zimbabwean government towards the attainment of Health for All by the year 2000. (8)
3. Describe the principles of Primary Health Care. (10)
4. Discuss the aspects of health service delivery which address maternal and child health (MCH) as component of Primary Health Care. (12)
5. Give a brief functional definition for the following terms:
 - a. carbohydrates (2)
 - b. proteins (2)
 - c. vitamins (2)
 - d. minerals (2)
 - e. PDCAAS (2)
 - f. Glycaemic Index. (2)

6. Define and briefly describe the following terms:

- a. complementary feeding and the nutrients required (5)
- b. fortified complementary foods (5)
- c. period of complementary feeding (5)
- d. growth faltering and its timing in child development. (5)

SECTION B:

- 1. Identify the sources of vitamin A in foods and concisely describe its role in the body with attention of the public health concern that arises from its deficiency in the diet. (10)
- 2. Identify the sources of iron, its role in nutritional anaemia and how the can be corrected. (8)
- 3. Write an essay that describes the different ideal meals that different age groups of in a family need, starting with babies to the elderly. (20)
- 4. As a primary health care professional, what would you recommend to the government of Zimbabwe as a strategic program to ensure national food security after two years of drought? (20)

END OF EXAMINATION