

**NATIONAL OPEN UNIVERSITY OF NIGERIA**

**Plot 91, Cadastral Zone, NnamdiAzikwe Express Way, Jabi, Abuja, FCT**

**Faculty of Health Sciences**

**January, 2018**

**Programme: Bachelor of NursingScience**

**Course Code: NSS302**

**Course Credit Unit: 3**

**Course Title – Nutrition in Health and Illness**

**Time Allowed: 2 hours**

**Total Score: 70 marks**

***Instruction*: Answer ALL questions**

**QUESTION 1**

Write short notes on the following:

1a). Nutritional diseases (10 marks)

1b). Beri-beri (10 marks)

1c). Protein-calorie malnutrition (10 marks)

**QUESTION 2**

1. List ten (10) food groups found in Nigerian market (5marks)
2. Outline two (3) major nutrient content of any 5 mentioned above (15marks)

**QUESTION 3**

3a) What is anaemia? (2marks),

3b) List three (3) dietary/nutritional causes of anaemia. (3marks)

 3c) Discuss with relevant examplesiron-deficiencyanaemia(15marks)