



TECHNICAL UNIVERSITY OF MOMBASA
Faculty of Applied & Health Sciences

DEPARTMENT OF ENVIRONMENT AND HEALTH SCIENCES

DIPLOMA IN NUTRITION HEALTH

(DNH 12S)

ANH 2308: NUTRITION ANTHROPOLOGY

(DNH 12S)

SPECIAL/SUPPLEMENTARY EXAMINATIONS

SERIES: FEBRUARY 2015

TIME: 2 HOURS

INSTRUCTIONS:

- This paper consists of **FIVE** questions.
- Answer question **ONE (Compulsory)** and any other **TWO** questions.

This paper consists of Two printed pages.

QUESTION 1 (Compulsory)

- a) Define nutrition. **(2 marks)**
- b) Briefly explain how urbanization promote poor nutrition in societies. **(5 marks)**
- c) Deforestation has negatively influenced food production briefly. Explain. **(5 marks)**
- d) List any **FIVE** nutrients and their importance to the human body. **(5 marks)**
- e) Name any **FOUR** vulnerable groups to malnutrition. **(4 marks)**
- f) Briefly describe how certain cultural practices negatively influence nutrition. **(5 marks)**
- g) Briefly explain how the following factors affect the eating patterns of a society.
 - i) Food availability **(2 marks)**
 - ii) Food accessibility **(2 marks)**

QUESTION 2

Explain how the government can improve food security to ensure good nutrition among its people. **(15 marks)**

QUESTION 3

Discuss ways in which people can improve on food production so as to curb malnutrition. **(15 marks)**

QUESTION 4

Over time, food patterns and eating practices have changed due to various factors. Discuss. **(15 marks)**

QUESTION 5

Describe the evolution of foodways over time. **(15 marks)**