



Technical University of Mombasa

Faculty of Applied and Health Sciences

DEPARTMENT OF ENVIRONMENT AND HEALTH SCIENCES

CERTIFICATE IN COMMUNITY HEALTH AND HIV MANAGEMENT
(CCH 13M)

ANH 1110: NUTRITION AND HEALTH

SUPPLEMENTARY/SPECIAL : EXAMINATIONS

SERIES: MARCH 2014

TIME: 2 HOURS

INSTRUCTIONS:

You should have the following for this paper

- *Answer booklet*

This paper consists of **FIVE** questions.

Answer Question **ONE (compulsory)** and any other **TWO** questions

This paper consists of 3 PRINTED pages

QUESTION ONE

- a) (i) Define Basal metabolic rate (2 marks)
- (ii) State three body functions that require energy during basal metabolic rate
- (iii) Give four factors that affect Basal Metabolic rate. (4 marks)
- b) Differentiate positive nitrogen balance from negative nitrogen balance. (4 marks)
- c) (i) Define essential fatty acids. (2 marks)
- (ii) Give four functions of essential fatty acids. (4 marks)
- d) (i) Define a balanced diet. (2 marks)
- (ii) Name all the nutrients that should be contained in a balanced diet. (3 marks)
- e) (i) Explain the importance of lactose in human nutrition (2 marks)
- (ii) Differential undernutrition and overnutrition (4 marks)

QUESTION TWO

- a) Draw a diagram to represent triple A concept in community nutrition. (5 marks)
- b) With an aid of a diagram briefly explain “assessment of nutritional status in the community. (10 marks)

QUESTION THREE

- a) Explain mutual supplementation of proteins. (3 marks)
- b) Explain nutritional classification of proteins and give two examples in each group (6 marks)
- c) List six approaches to nutrition intervention (6 marks)

QUESTION FOUR

- a) Discuss the nutritional disorder Kwashiorkor (10 marks)
- b) State the nutritional disorder associated with lack of the following:
 - (i) Calcium
 - (ii) Thiamine (B1)
 - (iii) Iodine
 - (iv) Vitamin C
 - (v) Vitamin A(5 marks)

QUESTION FIVE

- a) Classify groups of people based on physical activity and requirements of energy. **(8 marks)**
- b) Outline FIVE nutritional functions of carbohydrates. **(5 marks)**
- c) Explain the significance of specific dynamic action under expenditure of energy. **(2 marks)**