



Technical University of Mombasa

Faculty of Applied and Health Sciences

DEPARTMENT OF ENVIRONMENT AND HEALTH SCIENCES

DIPLOMA IN ENVIRONMENT AND HEALTH
(DEH 12J)

ANH 2302: 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

QUESTION ONE

- a) What is nutrition **(2 marks)**
- b) Differentiate between:
 - (i) Essential and non –essential amino acids
 - (ii) Saturated and unsaturated fatty acids . **(4 marks)**
- c) List any two nutrients that can be used to prevent anaemia. **(4 marks)**
- d) State two deficiency diseases of zinc in adults and children. **(2 marks)**
- e) Name a mineral that prevents dental caries in children briefly outlining how it prevents the dental caries. **(5 marks)**
- f) Differentiate between under nutrition and over nutrition **(2 marks)**
- g) Give any two functions of sodium in the human body **(2 marks)**
- h) Highlight any five vitamins and their deficiencies **(5 marks)**
- i) Outline any five factors that affect the eating patterns of people **(5 marks)**
- j) List functions of proteins. **(3 marks)**

QUESTION TWO

As a consumer of the various food products in the market you have rights. Discuss giving examples for each. **(15 marks)**

QUESTION THREE

Energy requirements are determined by various factors . Explain **(15marks)**

QUESTION FOUR

- a) Describe the classification of the macro-nutrients giving examples for each **(5marks)**
- b) Give the functions of the following nutrients:
 - Dietary fibre
 - Calcium
 - Vitamin A
 - Fats
 - Phosphorus**(10 marks)**

QUESTION FIVE

Discuss how education influences nutrition **(5 marks)**

How does government ensure its citizens' nutritional health is catered for. **(10 marks)**