

Paper2

TECHNICAL UNIVERSITY OF MOMBASA
FACULTY OF APPLIED AND HEALTH SCIENCES
DEPARTMENT OF ENVIRONMENT & HEALTH SCIENCES
UNIVERSITY EXAMINATION FOR THE DEGREE OF BACHELOR OF
SCIENCE IN COMMUNITY HEALTH
BSCH 13J/YEAR4/ SEMESTER1

APH 4409:NUTRACUETICALS AND FOOD
SUPPLEMENTS

SEMESTER EXAMINATION

SERIES: APRIL/MAY 2016

TIME: 2 HOURS

Instructions to Candidates

This paper consists of FIVE questions

Answer question ONE (COMPULSORY) and any other TWO questions.

This paper consists of two printed pages.

QUESTION ONE

- 1.a) Explain two ways in which imported food can be contaminated 4marks
- b) Outline two reasons why importing food is important to any given country 4marks
- c) Outline two health benefits that one is bound to achieve when they take functional food leeks
4marks
- d) Explain two symptoms of scurvy vitamin C deficiency 2marks
- e) Outline two health benefits that one is bound to achieve when they take functional food
jackfruit**4marks**

f) Outline four ways of preventing food poisoning so that one benefits nutritionally from the food consumed 4marks

g) Explain information that a manufacturer or distributor notify FDA about a dietary supplement it intends to market 4marks

h) Explain three most prominent diet therapeutic applications of broccoli 4marks

2a) Discuss two types of food fortification 10marks

b) Describe the natural drugs which are used in chemotherapy and breast cancer 10marks

QUESTION THREE

3. a) i) Discuss phytochemicals as one class of nutraceuticals to your colleague who is interested in using them to not only cure but prevent chronic diseases. 8marks

ii) Explain two types of phytochemicals 4marks

b) Discuss how advertisement for dietary supplements are regulated 8marks

QUESTION FOUR

4.a) LDL Cholesterol or bad cholesterol is a major risk to factor for heart disease. Describe two ways that you would recommend to your gland mother who is at risk of developing cholesterol in her body. 10marks

b) Barbra is a neighbour who always gets attacks of sore throat and she has tried confectional medication but the problem keeps on recurring. Discuss with her five natural remedies for sore throat that can help in her case. 10marks

QUESTION FIVE

5a) Discuss food supplements under;

i) safety issues 12marks

b) Discuss four functions of calcium as a supplement 8marks