



Technical University of Mombasa

Faculty of Applied and Health Sciences

DEPARTMENT OF ENVIRONMENT AND HEALTH SCIENCES

DIPLOMA IN COMMUNITY DEVELOPMENT & COUNSELING
(DCDC 11M)

ANH 2330 : APPLIED COMMUNITY NUTRITION EDUCATION

SPECIAL /SUPPLEMENTARY: EXAMINATIONS

SERIES: OCTOBER 2013

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 2 PRINTED pages

Question ONE

- a) Define the following terms
 - (i) Nutrients (1mark)
 - (ii) Glycogen (1mark)
 - (iii) Glucose (1mark)
 - (iv) Micro nutrients (1mark)
 - (v) Hyperglycemia (1mark)
- b)
 - (i) State SIX functions of lipids in the diet (6marks)
 - (ii) Name TWO classes of vitamin giving examples of each (2marks)
 - (iii) State TWO benefits of cholesterol (2marks)
- c)
 - (i) List FIVE disease targeted for vitamin A supplementation in the community (5marks)
 - (ii) State FIVE factors that influence energy requirements (5marks)
 - (iii) State the sources of dietary fibre (5marks)

Question TWO

- a) Describe THREE basic functions of essential nutrients (6marks)
- b) Differentiate between essential amino acids and non essential amino acids giving two examples each. (4marks)
- c) Briefly explain the effects of Niacin deficiency (5marks)

Question THREE

- a) Explain the common characteristics of Vitamin B complex (5marks)
- b) Briefly explain the functions of water in body fluid (5marks)
- c) Briefly discuss the role of nutrition in health and disease (5marks)

Question FOUR

- a) Describe the terms complete and incomplete protein giving examples of each (10marks)
- b) One of the function of carbohydrate is protein staining. Explain (5marks)

Question FIVE

Discuss the stages by which vitamin A deficiency occurs (15marks)