



Technical University of Mombasa

Faculty of Applied and Health Sciences

DEPARTMENT OF ENVIRONMENT AND HEALTH SCIENCES

DIPLOMA IN NUTRITION HEALTH
(DNH 12S)

ANH 2203 : 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) Food group (1mark)
 - (ii) Nutrition (1mark)
 - (iii) Balanced diet (1mark)
 - (iv) Communication (1mark)
 - (v) Pre-natal growth (1mark)
- b) Give FIVE reasons why a pregnant woman should be careful about her diet (5marks)
- c) Briefly explain how you will provide a healthful breakfast to an adolescent. (5marks)
- d) Identify FIVE ways fruits contribute to good health. (5marks)
- e) Briefly explain why meat, beans and eggs form an essential part of the diet. (5marks)
- f) Give FIVE reasons how dairy foods contribute to good health. (5marks)

Question TWO

- a) Explain FIVE food groups included in the food guide pyramid and give there servings. (5marks)
- b) Discuss any TWO functions of the following nutrients to the body:
 - (i) Calcium (2marks)
 - (ii) Vitamin C (2marks)
 - (iii) Iron (2marks)
 - (iv) Phosphorous (2marks)
 - (v) Vitamin D (2marks)

Question THREE

- a) As a nutritionist, discuss how you will develop information which will help people to solve their nutritional problems. (10marks)
- b) Explain any FIVE ways of carrying out a good demonstration when conducting nutrition education. (5marks)

Question FOUR

- a) Explain FIVE characteristics of enzymes (5marks)
- b) Discuss the digestion of starch (10marks)

Question FIVE

- a) Define the term vegetarian **(1mark)**
- b) Identify TWO types of protein foods you can recommend for the different types of vegetarians. **(4marks)**
- c) Discuss the value of vegetarian meals **(10marks)**