



**Technical University of Mombasa**  
*Faculty of Applied and Health Sciences*

DEPARTMENT OF **ENVIRONMENT AND HEALTH SCIENCE**

DIPLOMA IN NUTRITION AND HEALTH  
(DNH 12S)

**ANH 2100: INTRODUCTION TO NUTRITION & HEALTH**

**SPECIAL/SUPPLEMENTARY: EXAMINATIONS**

**SERIES:** February 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) Distinguish between under nutrition and Over nutrition (2marks)
- b) Explain any TWO factors which influence individual food choices. (2marks)
- c) Explain the body's response towards low intake of carbohydrates in diet. (4marks)
- d) Highlight roles of lipids in the body (4marks)
- e) Some nutrients are classified as essential, explain why and give example. (4marks)
- f) Give the benefits of breastfeeding (4marks)
- g) Distinguish between low density lipoprotein LDL, and High Density Lipoprotein HDL, Dietary fats (5marks)

### **Question TWO**

Discuss the protein Energy malnutrition conditions. (15marks)

### **Question THREE**

- a) Discuss TWO inborn errors of carbohydrate metabolism (7marks)
- b) Describe nutritional Disorders related to Deficiency of iron, vitamin A, and Calcium (8marks)

### **Question FOUR**

- a) Discuss the importance of water and fibre in the diet (6marks)
- b) Discuss the classification of amino acids, give examples (9marks)

### **Question FIVE**

- a) Highlight FOUR benefits of omega 3 fats in diet (6marks)
- b) State the roles of K<sup>+</sup>, Na<sup>+</sup>, and Zinc in the body (6marks)
- c) State the effect of iodine deficiency to the fetus. (3marks)