



# **Technical University of Mombasa**

## **Faculty of Applied and Health Sciences**

DEPARTMENT OF **ENVIRONMENT AND HEALTH SCIENCE**  
DIPLOMA IN COMMUNITY HEALTH AND HIV MANAGEMENT  
(DCHM 12M)

### **ANH 2102 : HUMAN NUTRITION AND 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) Define Health (3marks)
- b) Give FOUR characteristics of vitamins (4marks)
- c) Metabolic rate is dependent on certain variables. List any FIVE (5marks)
- d) List FIVE factors determining the Basal metabolic rate of an individual. (5marks)
- e) Differentiate between essential amino acids and non-essential amino acids (4marks)
- f) Why is there an increased nutrient requirements in female adolescents. (3marks)
- g) Highlight the functions of sodium in the body (4marks)

**Question TWO**

Metabolism consists of TWO processes which are a buildup and breakdown process of substances. Discuss (15marks)

**Question THREE**

Explain how processing of foods influences composition and bioavailability of the nutrients (15marks)

**Question FOUR**

Discuss why there is increased nutrient requirements in these stages of development, listing the increased nutrients for each.

- (i) Adolescence (5marks)
- (ii) Childhood (5marks)
- (iii) Pregnancy (5marks)

**Question FIVE**

Energy requirement is based on various physiological status. Discuss. (15marks)