



THE MOMBASA POLYTECHNIC UNIVERSITY COLLEGE

(A CONSTITUENT COLLEGE OF JKUAT)

(A Centre of Excellence)

Faculty of Applied and Health Sciences

DEPARTMENT OF ENVIRONMENT AND HEALTH SCIENCE

DIPLOMA IN NUTRITION AND HEALTH
(DNH 12J)

ANH 2201 : HUMAN NUTRITION II

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 3 PRINTED pages

Question ONE

- a) Write the scientific names of the following vitamins **(5marks)**
- i) Vitamin B2
 - ii) Vitamin D
 - iii) Vitamin D5
 - iv) Vitamin E
 - v) Vitamin B1
- b) (i) List TWO types of minerals **(2marks)**
(ii) List fat soluble vitamins **(4marks)**
(iii) State TWO minerals essential in strong bones and teeth formation **(2marks)**
(iv) State the relationship between Avidin and Biotin **(2marks)**
- c) Define the following terms **(10marks)**
- (i) Precursor
 - (ii) Dehydration
 - (iii) Osmosis
 - (iv) Interstitial fluid
 - (v) Micronutrients

Question TWO

- a) Briefly explain factors that promote calcium absorption **(5marks)**
- b) Explain the effects of Niacin deficiency **(6marks)**
- c) Differentiate between fat soluble vitamin and water soluble vitamins giving examples **(4marks)**

Question THREE

Describe the stages of which vitamin A deficiency occur **(15marks)**

Question FOUR

- a) Describe general functions of macro mineral and micro mineral **(10marks)**
- b) Explain the causes of iron deficiency anemia **(5marks)**

Question FIVE

- a) Discuss functions of calcium **(10marks)**
- b) Briefly describe the characteristic of vitamin B complex **(5marks)**