



Technical University of Mombasa

Faculty of Applied and Health Sciences

DEPARTMENT OF ENVIRONMENT AND HEALTH SCIENCES

CERTIFICATE IN COMMUNITY HEALTH AND HIV MANAGEMENT
(CCH 13J)

ACM 1110 : NUTRITION AND HEALTH

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 human nutrition (2marks)
- b) Differentiate between essential and non-essential amino acids (4marks)
- c) Give any THREE functions of dietary fibre (3marks)
- d) List any FIVE functions of fats (5marks)
- e) Briefly explain the term metabolism (3marks)
- f) Highlight any FOUR characteristics of vitamins (4marks)
- g) Highlight ways by which the government does influence nutrition (4marks)
- h) List any FIVE high risk groups of people in relation to nutritional deficiencies. (5marks)

Question TWO

The Basal metabolic rate of an individual is determined by various factors.
Discuss any FIVE.

(15marks)

Question THREE

Various factors can affect the nutritional status of a person explain giving examples. (15marks)

Question FOUR

In details give the functions of the following micro-nutrients

- (i) Calcium
- (ii) Phosphorus
- (iii) Magnesium
- (iv) Vitamin B
- (v) Vitamin A

(15marks)

Question FIVE

As a consumer of various food products in the market, there are rights governing us.
Discuss giving examples.

(15marks)