



Technical University of Mombasa

Faculty of Applied and Health Sciences

DEPARTMENT OF ENVIRONMENT AND HEALTH SCIENCE
CERTIFICATE IN COMMUNITY HEALTH AND HIV MANAGEMENT
(CCH12M)

ACM1110 : NUTRITION AND HEALTH

SPECIAL/SUPPLEMENTARY EXAMINATIONS

SERIES: JULY, 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 terms
 - (i) Malnutrition (1mark)
 - (ii) Health (1mark)
- b) Identify THREE forms of body fats (3marks)
- c) List TWO symptoms of Kwashiokor (2marks)
- d) Give THREE functions of water in the body (3marks)
- e) Explain the importance of calcium in the body (2marks)
- f) What are conditional amino acids? (2marks)
- g) Highlight THREE underlying causes of malnutrition (3marks)
- h) Give FOUR functions of body cholesterol. (4marks)
- i) Outline THREE considerations in nutrition of the sick. (3marks)
- j) Briefly explain the digestion in the month. (3marks)
- k) Identify THREE ways of Assessing an individual nutritional status (3marks)

Question TWO

- a) Discuss factors that influence food choices (8marks)
- b) Explain environmental influence to nutrition and Health (7marks)

Question THREE

- a) Discuss the classification of dietary carbohydrates (10marks)
- b) Highlight the importance of proteins in diet. (5marks)

Question FOUR

- a) Discuss the metabolism of proteins (10marks)
- b) Explain the role of fibre in diet. (5marks)

Question FIVE

Discuss nutrition in the following numerable groups

- (i) Infancy (5marks)
- (ii) Pregnancy (5marks)
- (iii) Sickness (5marks)