TECHNICAL UNIVERSITY OF MOMBASA

FACULTY OF APPLIED AND HEALTH SCIENCES

DEPARTMENT OF ENVIRONMENT & HEALTH SCIENCES

UNIVERSITY EXAMINATION FOR THE DIPLOMA IN NUTRITION AND DIETETICS.

DND 16S/YEAR1/ SEMESTER1

ANH 2102 PRINCIPLES OF HUMAN NUTRITION

SERIES: DECEMBER 2016

TIME: 2HOURS

INSTRUCTIONS

ANSWER QUESTION ONE(COMPULSARY) AND ANY OTHER TWO QUESTIONS

1)a)Define the following terms

i)Nutrition   2 marks

ii)Basal metabolic rate   2 marks

iii)Essential amino acids   2 marks

iv)Balanced diet   2 mark

b)i)Differentiate undernutrition from overnutrition   4 marks

ii)Differentiate microcytic anemia from macrocytic anemia   4 marks

iii) Outline four examples local foods rich in carbohydrate   4 marks

c))State four important of good nutrition   4 marks

d) State the nutritional disorder associated with lack of the following

i) calcium

ii) Thiamine

iii) Iodine

iv) Vitamin C

v) Vitamin A   5 marks

e)Explain the importance of lactose in human nutrition   1 mark

2)Explain factors promoting good nutrition under the following

a) Good agriculture

b)Good economy

c) Healthy environment

d) Good education

e) Healthy social and family life   15 marks

3)a)Explain the nutritional functions of the following

i) Carbohydrate   7 marks

ii)Fiber   5 marks

b)Explain the adverse effects of fiber   3 marks

4)a)Discuss the nutritional classification of proteins   6 marks

b)i) Explain four body functions that require basal metabolic rate 2 marks

ii)Explain seven factors that affect basal metabolic rate   7 marks

5)a)Explain protein energy malnutrition   10 marks

b) Outline the nutritional functions of fats   5 marks