

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: 2 HOURS

1a) Define the following term

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|--|---------|---------|
| i) Overnutrition | 2 marks | |
| ii) Undernutrition | 2 marks | |
| iii) Basal metabolic rate | 2 marks | |
| iv) Recommended dietary allowance (RDA) | | 2 marks |
| b) Explain energy balanced in relation to nutrition | 4 mark | |
| c) Differentiate | | |
| i) Essential amino acids from non essential amino acids | 4 marks | |
| ii) Microcytic anemia and macrocytic anemia | 4 marks | |
| d) i) State the end products in digestion of proteins and carbohydrates | | 2 marks |
| ii) State the meaning of PUFA and give two examples | 4 marks | |
| iii) Name the deficiency diseases caused by calcium, iodine, vitamin A and C | | 2 marks |
| e) Explain the importance milk in human nutrition | 2 marks | |

2) Discuss Kwasiorkor under the following

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|---------------|---------|
| i) Occurrence | 5 marks |
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