(supplementary paper)

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

i)Overnutrition		2 marks		
ii)Undernutition		2 marks		
iii)Basal metabolic rate		2 marks		
iv)Recommended dietary allowance (RDA)			2 marks	
b)Explain energy balanced in relatio	n to nutrition	4 mark		
c)Differentiate				
i) Essential amino acids from non es	sential 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	i	
iii)Name the deficiency diseases caused by calcium, iodine, vitamin A and C 2 marks			2 marks	
e)Explain the importance milk in human nutrition		2 mark	S	
2)Discuss Kwasiorkor under the following				
i)Occurrence	5 marks			

ii)Clinical symptoms	5 marks			
iii)Treatment	5marks			
3) a)Explain the nutritional functions of the following				
i) Carbohydrate	7 marks			
ii)Fiber	5 marks			
b)Explain the adverse effects of fibe	r 3 marks			
4)a)Discuss the essential fatty acids in human nutrition 11 marks				
b)Explain four nutritional functions of fats 4 marks				
5)Explain factors promoting good nu	15 marks			