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 2103 : INTRODUCTION TO FOOD NUTRITION

END OF SEMESTER EXAMINATION

SERIES: DECEMBER 2016

TIME: 2 HOURS

DATE: Pick Date Apr 2016

Instructions to Candidates
You should have the following for this examination
   -*Answer Booklet, examination pass and student ID*
This paper consists of five Question(s). Attempt question ONE (Compulsory) and any other TWO questions.
Do not write on the question paper.

Question ONE

1. a) Define the following terms (10mks)

   i)   Nutrition(2)
   ii)   Nutritional status(2)
   iii)   Nutrients(2)
   iv)   Health(2)
   v)   Micronutrients(2)

   b) State the RDA for adults of the following

   i)   CHO(1)
   ii) Salt(1)
   iii) Water(1)

c) i Outline the six components of food and state the two that are energy giving (5mks)

ii State the tools used in diet planning (5mks)

iii Explain three forms of malnutrition (3mks)

iv) List the stages involved in digestion (3mks)
v) State the enzymes which act on protein and starch digestion (2mks)

d) i Outline the factors affecting bioavailability and utilization (5mks)

   ii State the chronic diseases related to excess of nutrients and give the difference between anabolism and catabolism (4mks)

Question TWO

a) Explain the role of nutritionist in disease treatment (10mks)
b) Explain the impact of inhibitors of nutrient bioavailability(5mks)

Question THREE

a) Describe other five fields included in the science of nutrition (10mks)
b) Explain how diseases affect nutritional status (5mks)

Question FOUR

a) Explain the importance of nutrition (5mks)
b) Explain the components of nutrition assessment (6mks)
c) Differenciate between anabolism and catabolism(4mks)

Question FIVE

a) Explain in detail the role of nutrition in mental development (5mks)
b) ''You can be poorly nourished without being hungry'' Discuss. (5mks)
c) Explain the difference between RDA and RNI (5mks)