

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

ANH2103 : 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

- a) Define the following terms(10mks)
 - i) Hydrolysis(2)
 - ii) Digestion(2)
 - iii) Malnutrition(2)
 - iv) Bioavailability(2)
 - v) Food(2)
- b)
 - i Outline TWO classes of nutrients and give examples (2mks)
 - ii State THREE causes of malnutrition (3mks)
 - iii State the THREE categories of field of nutrition(3mks)
 - iv Outline the Six components of food (3mks)

- c) i State what is food fortification (2mks)
 - ii State the non essential nutrients important in promoting health (2mks)
 - iii Outline the tools used in planning diet(5mks)
 - iv Differentiate between RDA and RNI(4mks)
- d) i List THREE physiological functions of food (3mks)
 - ii State the end product of carbohydrate, protein and fats(3mks)

Question TWO

- a) Explain how improved nutrition is the most important tool in diseases prevention.(5mks)
- b) Explain briefly the outcome of undernutrition (5mks)
- c) Describe the ways to reduce phytic acid(5mks)

Question THREE

- a) Discuss factors that affect nutrient availability and utilization (10mks)
- b) Describe the components of nutritional care plan(5mks)

Question FOUR

- a) Explain briefly the purpose of nutrition assessment(6mks)
- b) Describe the functions of nutrients(9mks)

Question FIVE

- a) Describe the steps of metabolic pathway where bioavailability occur (10mks)
- b) Explain the strategies to prevent development of nutrition problems(5mks)

