



TECHNICAL UNIVERSITY OF MOMBASA

FACULTY OF APPLIED AND HEALTH SCIENCES
DEPARTMENT OF ENVIROMENT & HEALTH SCIENCES
UNIVERSITY EXAMINATION FOR:
BACHELOR OF SCIENCE IN COMMUNITY HEALTH
BSCH/15J/YEAR 4/ SEMESTER 2
APH 4409: NUTRACEUTICALS AND FOOD SUPPLIMENTS

SPECIAL/ SUPPLIMENTARY EXAMINATIONS
SERIES: SEPTEMBER 2018
TIME: 2 HOURS

Instructions to Candidates

This paper consists of FIVE questions

Answer question ONE (COMPULSORY) and any other TWO questions.

This paper consists of two printed pages.

Mobile phones are NOT allowed in the examination room

Question ONE

a) Differentiate

- i. Nutraceuticals from food supplements. 4 marks
- ii. Enrichment and restoration 4 marks

b) Explain information that a manufacturer or distributor notify FDA about a dietary supplement it intends to market 4 marks

c) Outline five health benefits that one is bound to achieve when they take functional food leeks 5marks

d) When advising on consumption of functional foods to clients Tumeric is one of the foods that you advise them to avoid because of its side effects. Explain two of its side effects to the body 4marks

e) Vitamin B1 is one of the vitamins used as a dietary supplement. Explain two functions of vitamin B1 that consumers look forward to getting in their body. 4marks

f) Outline five causes of vitamin D deficiency

5 marks

Question TWO

Vitamin A has been used as a food supplement for many years due to beneficial health effects.

a) Explain the health benefits of vitamin A and give four food sources.

14 marks

b) Describe mass fortification.

6 marks

Question THREE

a) Matenda is a primary school teacher and she comes to you and tells you that she is suffering from depression as told by a doctor she says she wants advice on how to cure the disease without using conventional medicine. Discuss with her what depression is and four ways of reducing depression using natural ways

10 marks

b) Explain three functional foods that can be eaten to help relieve constipation

10 marks

Question FOUR

a) Describe five safety issues of food supplements

10marks

b) Explain five factors that affect minerals bioavailability

10marks

Question FIVE

a) Discuss problems of consuming excess vitamins and minerals under the following;

- Fat soluble vitamin
- Water soluble vitamin
- Minerals

12 marks

b) Faith is a doctor in the hospital where you work and is treating a patient who requires therapeutic foods. Explain to her what therapeutic diets are and two factors you are going to consider when planning for diet of that patient.

8marks