



Technical University of Mombasa

Faculty of Applied and Health Sciences

DEPARTMENT OF ENVIRONMENT AND HEALTH SCIENCES

CERTIFICATE IN COMMUNITY HEALTH AND HIV MANAGEMENT
(CCH13M)

ANH 1110: NUTRITION AND HEALTH

SEMESTER: EXAMINATIONS

SERIES: DECEMBER 2013

TIME: 2 HOURS

INSTRUCTIONS:

You should have the following for this paper

- *Answer booklet*

This paper consists of **FIVE** questions.

Answer Question **ONE (compulsory)** and any other **TWO** questions

This paper consists of 3 PRINTED pages

QUESTION ONE

- a) (i) Differentiate essential amino acids from non essential amino acids. (4 marks)
(ii) Name eight essential amino acids (4 marks)
- b) Explain the following terms as applied to nutrition.
(i) Stunting (2 marks)
(ii) Wasting (2 marks)
- c) (i) Differentiate undernutrition and overnutrition (4marks)
(ii) State TWO body functions that require energy at basal metabolic condition. (2 marks)
- d) (i) What is recommended dietary allowance (2 marks)
(ii) Explain TWO factors affecting recommended dietary allowance. (4 marks)
- e) (i) Define balanced diet and name the nutrients it should contain (4 marks)
(ii) State FOUR methods of food preservation. (2 marks)

QUESTION TWO

- a) Briefly explain FOUR anthropometric indicators used for children. (12 marks)
- b) Name THREE indirect methods of evaluating nutritional status in the community (3 marks)

QUESTION THREE

- a) (i) Explain FOUR nutritional benefits of Fiber. (8 marks)
(ii) State TWO disadvantages of fibre in human nutrition. (2 marks)
- b) Outline FIVE nutritional functions of carbohydrates. (5 marks)

QUESTION FOUR

- a) (i) Define the term essential fatty acids and give TWO examples. (3 marks)
(ii) State FOUR functions of essential fatty acids (4 marks)
(iii) Outline the deficiency associated with lack of essential fatty acids (2 marks)
- b) Explain nutritional classification of proteins. (6 marks)

QUESTION FIVE

a) Explain the causes, clinical symptoms and treatment of kwashiorkor. **(10 marks)**

b) State the diseases caused by lack of the following vitamins and minerals

- (i) Vitamin A
- (ii) Vitamin C
- (iii) Thiamine (B₁)
- (iv) Calcium
- (v) Iodine

(5 marks)