



TECHNICAL UNIVERSITY OF MOMBASA

School of Humanities and Social Sciences
DEPARTMENT OF ENVIRONMENT & HEALTH SCIENCES
UNIVERSITY EXAMINATION FOR THE DEGREE OF:
BACHELOR OF MEDICAL LABORATORY SCIENCES

(BMLS AUGUST 2020/J/S FT/YEAR 4/SEMESTER 2)

ANH: 4101 PRINCIPLES OF HUMAN NUTRITION

Supplementary/Special Examination

Series: November 2024

Time: 2 hours

DATE: Pick Date Nov 2024

Instructions to Candidates

- You should have the following for this examination
- *Answer Booklet, examination pass and student ID*
- This paper consists of **FIVE** questions. Attempt question ONE (Compulsory) and any other TWO questions.
- Mobile phones are NOT allowed in the examination room
- **Do not write on the question paper.**

SECTION A (Answer all the questions - 30 POINTS)

QUESTION ONE

- Outline four biochemical tests that can be done in a hospital and what they are done for. (4 marks)
- Balanced diversified diet from recommended dietary allowance. (4 marks)
- Explain how deficiency of vitamin K can occur in human beings (4 marks)
- Outline four factors that affect iron absorption (4 marks)
- Outline five factors that make good nutrition important for people suffering from HIV/AIDS. (5 marks)
- State 4 beneficial effects of fats. (4 marks)
- State five factors associated with deficiency of PUFA (4 marks)

QUESTION TWO

Discuss utilization of calcium and iron in human nutrition under the following:

- a) Biochemical functions.
- b) Disease state.
- c) Factors affecting absorption. (20 marks)

QUESTION THREE

- a) Discuss Obesity as a nutritional disorder and nutritional management (10 marks)
- b) Discuss vitamin A as a public health problem in communities (10 marks)

QUESTION FOUR

Malnutrition has been a problem in sub Saharan Africa especially with children, lactating and pregnant women. Discuss four underlying causes of malnutrition.

(20 marks)

QUESTION FIVE

You have been posted to Kinango Hospital in Coast Province which is a semi-arid region as a nutritionist.

- a. Explain 5 anthropometric measurements that you can apply to assess nutrition status of children under 5 years. (10 marks)
- b. Outline 10 questions that you will include in your checklist for assessing nutrition status for children under 5 years (10 marks)