



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2009/2010

FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE (FOODS, NUTRITION AND DIETETICS)

HFN 102: INTRODUCTION TO FOODS, NUTRITION AND DIETETICS

DATE: Wednesday 30th December, 2009

TIME: 4.30 p.m. – 6.30 p.m.

INSTRUCTIONS

Answer ALL questions.

1. Explain the difference between saturated and unsaturated fatty acid. Give an example of each. [4 marks]
2. Discuss the possible mechanisms by which fibre lowers serum cholesterol. [10 marks]
3. Describe how the body responds to starvation. [10 marks]
4. Discuss **two** main factors that determine protein quality. [6 marks]
5. Give two other names for Vitamin B₃. State two functions and two deficiency symptoms. [6 marks]
6. Explain three main classifications of proteins. Give two examples of each. [9 marks]
7. Explain the ranges of population nutrient intake goals by WHO 1996. [10 marks]
8. Explain two functions and deficiency symptoms of zinc. [5 marks]
9. With the aid of a diagram, explain the Food Guide Pyramid. [10 marks]

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