



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2010 /2011

SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE IN FOODS NUTRITION AND DIETETICS

HFN 201N / 301: HUMAN NUTRITION

DATE: THURSDAY, 31ST MARCH 2010

TIME: 2.00-4.00PM

INSTRUCTIONS:

- a) **Answer Questions 1 and 2** [20 pts]
- b) **Choose another 2 Questions** [15 pts each]
1. a) Define the following terms
- i) Under nutrition [3 pts]
 - ii) Malnutrition [3 pts]
 - iii) Over nutrition [3 pts]
 - iv) Basal metabolic rate [3 pts]
- b) Describe the four methods used to assess energy and nutrition deficiencies. [8pts]
2. a) State the diet- planning principles and briefly describe how each principle helps in diet planning. [10pts]
- b) Name the five food groups in a food guide pyramid and identify several foods. [5pts]
- c) How are food groups plans used in planning meals [5 pts]
3. a) State the atoms that carbohydrates are made of State the monosaccharides and disaccharides important in nutrition. In what foods are these sugars found? [5pts]
- b) State the health benefits of fibres in the diet. [5pts]
- c) Outline some of the harmful effects of excessive fibre intake? [5pts]
4. a) Which food lists supply protein [5pts]
- i) In abundance?
 - ii) In moderation?
 - iii) Not at all?
- b) i) Describe the roles that proteins play in the body. [5 pts]
- ii) Explain how the symptoms of protein- energy malnutrition (PEM) are related to the above roles of protein. [5pts]
5. a) State the 3 Key nutrients involved in synthesis and formation of healthy red blood cells. [3pts]
- b) Explain the three types of nutrition anaemia caused by a primary or secondary deficiency of the above nutrients. [6pts]
- c) Briefly describe the role of one of the nutrients as an antioxidant. [6pts]

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