



KENYATTA UNIVERSITY

FIRST SEMESTER EXAMINATIONS 2009/2010
UNIVERSITY EXAMINATIONS FOR DEGREE OF BACHELOR OF SCIENCE
(ENVIRONMENTAL HEALTH)

HEH 101: NUTRITION AND HEALTH

DATE: Friday 27th November 2009 TIME: 8.00am-10.00am

INSTRUCTIONS:

This paper consists of two sections. Section A and Section.

SECTION A 25 MARKS

SECTION B 45 MARKS

Answer all questions in Section A and other three in section B

QUESTION 8 IS COMPULSORY

SECTION A (X/25MARKS)

1. State one function of each of the following nutrients
 - a) Carbohydrates
 - b) Proteins
 - c) Vitamin A
 - d) Calcium
 - e) Iron

[5marks]

2. State two conditions that may lead to the use of protein for energy purpose and one reason why this is considered wasteful.

[3marks]

3. Explain the difference between continuous and discontinuous dietary variations. [3marks]
4. a) Describe which background factors are analyzed when conducting a nutrition assessment either in part or wholly. [4marks]
b) Give two limitations of nutritional assessment. [2marks]
5. Pregnancy is a time of increased nutrient intake and not limitation. Explain. [5marks]
6. Differentiate between marasmus and kwashiorkor. [2marks]

SECTION X/45

Answer any three questions in this section. Question 8 is compulsory

8. a) Discuss discontinuous dietary variations and how these variations can cause extreme disorders in nutrient metabolism. [10marks]
b) Give five influences which operate within a country or community in altering the diet. [5marks]
9. a) Define the term BMI. [2marks]
b) Explain why it is not practical to use BMI for children, adolescent and expectant mother or lactating women. [4marks]
c) Explain the following ways of estimating body fat content and diagnosing obesity.
a) Under water weighing.
b) Bioelectrical impedance. [4marks]
d) Keisha is 4 feet 5" and weighs 45kgs, calculate her BMI and make the appropriate recommendations. [5marks]

10. a) Using the food guide pyramid, explain what is health diet and how can one use it to plan for health meal for an adult. [10marks]
- b) Outline five points to note when using the food guide pyramid during menu planning. [5marks]
11. a) Explain five traditional symptoms of diabetes. [5marks]
- b) Describe the dietary management of diabetes type 2. Give reasons. [10marks]