



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2011/2012

SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR
OF SCIENCE (ENVIRONMENTAL HEALTH)

HEH 101: NUTRITION AND HEALTH

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DATE: THURSDAY 29TH MARCH 2012

TIME: 2.00 P.M. – 4.00 P.M.

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INSTRUCTIONS

SECTION I: Answer ALL the questions

1. Define the following terms
 - a) Malnutrition (1 mark)
 - b) Agrobiodiversity (1 mark)
 - c) Food supplement (1 mark)
 - d) Food fortification (1 mark)
2. Giving examples outline four underlying causes of malnutrition in Kenya. (4 marks)
3. Name the function and any two sources of the following nutrients
 - a) Iodine (2 marks)
 - b) Folic acid (2 marks)
4. Briefly discuss four health benefits of dietary fibre (4 marks)
5. Outline four applications of biotechnology and their effects on human nutrition. (4 marks)

SECTION II

Answer question Six (6) and any other TWO Questions

6. Discuss dietary and nutritional prevention of five chronic diseases. (20 marks)
7. Discuss factors that determine an individual's nutrient needs in the lifespan. (15 marks)
8. Discuss the relationship between malnutrition and infection. (15 marks)
9. Nutrition is important to health and wellness throughout one's lifespan. Discuss the nutrition requirements of a male infant and compare them to those of an adolescent male. (15 marks)