



MASENO UNIVERSITY

UNIVERSITY EXAMINATIONS 2012/2013

SECOND YEAR FIRST SEMESTER EXAMINATIONS FOR
THE DEGREE OF BACHELOR OF SCIENCE IN
ECOTOURISM, HOTEL & INSTITUTION MANAGEMENT
WITH INFORMATION TECHNOLOGY
(CITY CAMPUS - EVENING)

SEH 201: PRINCIPLES OF NUTRITION

Date: 15th July, 2013

Time: 5.30 – 7.30 p.m.

INSTRUCTIONS:

1. This question paper has two Sections, A and B.
2. Answer ALL questions from Section A in the spaces provided and Section B in the booklet provided.

SECTION A

Answer ALL questions in the spaces provided.

1. Our nutritional status is dependant on many factors. List and explain at least five factors that affect our nutrition.

(10 Marks)

2. Briefly explain how **hypoglycemic shock** occurs in our bodies.

(4 Marks)

3. There are two potential provitamins for the Vitamin D, briefly discuss them.

(4 Marks)

4. Differentiate between

(i) Rickets,

(ii) Osteomalacia

(iii) Osteoporosis.

(6Marks)

5. State and explain two theories in pregnancy that is known to be false but still govern nutrition practices.

(4 Marks)

6. Explain how Vitamin K is used in Neonatology.

(4 Marks)

7. During pregnancy, the total amount of protein recommended is between 55-60g/day. Explain how this extra protein is used during this period

(8 Marks)

8. Classify the following cancers as either sarcoma or carcinomas.

- (i) Breast cancer _____
- (ii) Colon cancer _____
- (iii) Bone cancer _____
- (iv) Lung cancer _____
- (v) Blood cancer. _____

(5 Marks)

SECTION B:
Answer in the booklet provided.

SECTION B:
Answer in the booklet provided.

9. Differentiate the following food patterns.

- (i) Lactoovovegetarian
 - (ii) Pescovegetarian.
 - (iii) Lacto vegetarian
 - (iv) Ovovegetarian
 - (v) Fruitarian.
- (10 Marks)

10. Nutrition can be defined in many ways dependant on the field of study, E.g a Biochemist would define nutrition as the study of the biochemical role of nutrients in normal and abnormal functioning, or as Medical practitioners would define it as the study of nutrients in relation to health of individuals and the recovery of illness. Define therefore nutrition as

- (i) A Sociologist.
 - (ii) A Physiologist
 - (ii) An Epidemiologist.
- (15 Marks)