

**W1-2-60-1-6**

**JOMO KENYATTA UNIVERSITY**

**OF**

**AGRICULTURE AND TECHNOLOGY**

**UNIVERSITY EXAMINATIONS 2015/2016**

**SECOND YEAR SECOND SEMESTER EXAMINATION FOR THE**

**DEGREE OF BACHELOR OF SCIENCE IN MEDICAL LABORATORY SCIENCES**

 **MLS 2211: HUMAN NUTRITION, DIETETICS & NUTRITIONAL DISORDERS**

**DATE: APRIL, 2016 TIME: 2 HOURS**

**INSTRUCTIONS: ANSWER ALL QUESTIONS IN SECTION A COMPULSORY (30 MARKS), AND ANY OTHER TWO IN SECTION B**

**SECTION A (COMPULSORY)**

1. a) State any SIX (6) diet guidelines for health living. [6 marks]

b) List the benefits of good nutritional habits. [6 marks]

c) What is the role of water in human nutrition? [6 marks]

d) List any SIX essential amino acids. [6 marks]

e) What are some of the habits adults should adopt to

 stay longer and health. [6 marks]

**SECTION B**

1. Discuss the major causes of malnutrition in humans. [20 marks]
2. Assessment of nutritional status is a vital exercise.

Discuss the FOUR (4) methods used to assess

nutritional status. [20 marks]

1. a) Discuss the functions of proteins. [10 marks]

b) Discuss any FIVE (5) minerals, their functions and sources. [10 marks]