



SCHOOL OF HEALTH AND APPLIED SCIENCES

CERTIFICATE IN NUTRITION AND DIETETICS MANAGEMENT

MODULE I

END OF SEMESTER EXAMINATIONS

JAN-APRIL 2021

PRINCIPLES OF HUMAN NUTRITION

KNEC 1905/105

TIME: 2 HOURS

INSTRUCTIONS TO CANDIDATES

1. Answer **ALL** questions in **SECTION A** and **THREE** in **SECTION B**.
2. Any examination **IRREGULARITY** will lead to **DISQUALIFICATION**.
3. Indicate your **FULL ADMISSION NUMBER** in each Answer Sheet used.
4. **DOT NOT** write your **NAME** anywhere on the answer booklet.
5. Cell phones are **NOT** allowed in the examination room.
6. Ensure you have both **SCHOOL ID CARD** and examination card in the examination room.
7. Scientific calculators may be used where appropriate.

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SECTION A (40 MARKS)

1. Define the following terms
 - (a) Nutrition assessment (2mks)
 - (b) Anthropometry (2mks)
 - (c) Carbohydrates (2mks)
 - (d) Anorexia (2mks)
 - (e) Purging (2mks)
2. State five plant food sources of proteins (5mks)
3. Describe giving an example the meaning of the term “simple sugar” (3mk)
- 4(a) Identify four warning signs of diabetes mellitus (4mks)
- (b) Explain the term prediabetes (2mks)

5. (i) Write the chemical formula for glucose (1mk)
(ii) Draw the structure of glucose (4mks)
6. List any three macro nutrients, their roles and their food sources. (9mks)

7. State the enzyme that acts on each of the following food components:
 - (a) Lipids (1mk)
 - (b) Amino acids (1mk)

SECTION B (60mks)

8. (a).Joan's usual diet provides an average intake of 442 grams of carbohydrates ,220 grams of protein and 35 grams of fat:

- (i) How many Kcalories does she consume? (8mks)
- (ii) What percentage of her calories are consumed from each macro nutrient ?(2mks)

(b).Explain the role of each of the following secretions that aid food digestion in the mouth:

- (i) Mucus
- (ii) Salivary amylase (10mks)

9. (i) Explain five strategies to prevent weight gain (10mks)

(ii) Explain five effects of excessive intake of fats to the body (10mks)

10. (a) Explain four functions of fat in the diet (10mks)

(b) Explain five health benefits of fiber (10mks)

11. (a) Explain the term anorexia giving the two types (4mks)

(b)State any four importance of food exhibition on nutrition education day (4mks)

(c)Explain the phrase 'essential amino acids '. (2mk)

(b) State and explain three benefits of carrying out biochemical tests in nutrition assessment (6mks)

(c)List four elements present in all proteins (4mks)

12. (a) Explain the following terms:

(i) Malnutrition (2mks)

(ii) Dysphagia (2mks)

(b) Describe the following anthropometric indices

(i) Weight for height (2mks)

(ii) Weight for age (2mks)

(iii) Body mass index (2mks)

(c) Explain five ways in which a healthy family life promotes good nutrition (10mks)

