

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

**JOMO KENYATTA UNIVERSITY OF AGRICULTURE AND TECHNOLOGY**

**UNIVERSITY EXAMINATIONS 2018/2019**

 **YEAR IV SEMESTR II EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE IN HUMAN NUTRITION AND DIETETICS**

**AFD 2404: NUTRITION AND BEHAVIOUR**

**DATE: APRIL 2019 TIME: 2 HOURS**

**Instructions: Answer all questions in Section A and two questions in Section B.**

**Section A carries 30 marks and Section B carries 40 marks.**

**SECTION A**

**Question one**

a. Define the following

 i. Neurotransmitter.

 ii. Behavior.

 iii. Mood.

 iv. Central nervous system.

 v. Serotonin. (10 marks)

b. Describe the link between nutrition and behavior. (6 marks)

c. Describe the characteristics of nutrition claims. (5 marks)

d. Describe any THREE studies whose breach of ethical issues is well documented.

 (6 marks)

e. List any six nutrients whose deficiency affects behavior. (3 marks)

**SECTION B**

**Question two**

Discuss how caffeine affect physical performance, reproduction and sleep. (20 marks)

**Question three**

Describe the nutrition behavior paradigm. (20 marks)

**Question four**

Describe the link between sugar, mood and hyperactivity. (20 marks)