



SOUTH EASTERN KENYA UNIVERSITY

UNIVERSITY EXAMINATIONS 2017/2018

FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE IN FOOD NUTRITION & DIETETICS

AFN 201: INTRODUCTION TO HUMAN NUTRITION

DATE: 11TH DECEMBER, 2017

TIME: 1.30 -3.30 PM

Section A (COMPULSORY)

1. a) Explain the following terms (10 Marks)
 - i) Pellagra
 - ii) Bilateral oedema
 - iii) Obesity
 - iv) Osteomalacia
 - v) Hyperglycemia
- b) Explain Five functions of food in the body (5 Marks)
- c) Describe Five functions of proteins (5 Marks)
- d) State the Five factors that hinder bioavailability of minerals (5 Marks)
- e) State Three examples of essential and Two examples of non essential amino acids (5 Marks)

Section B (ANSWER ANY TWO QUESTIONS IN THIS SECTION)

- 2 a) Describe Five symptoms of vitamin A deficiency (10 Marks)
- b) Explain Five functions of dietary fiber in the body (10 Marks)
- 3a) Given the information that a diet provides 2000 Kilo calories and contains 200 gram of carbohydrate and 100 gram of fat, calculate the amount of protein in % of calories from carbohydrates, protein and fat in the diet (10 Marks)

- b) Discuss Five solutions to address nutrition deficiencies in a population (10 Marks)
- 4 a) State Five factors that influence human nutrient requirements (10 Marks)
- b) Discuss Five ways of managing obesity (10 Marks)