



SOUTH EASTERN KENYA UNIVERSITY

UNIVERSITY EXAMINATIONS 2017/2018

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

AFN 203: PRINCIPLES OF HUMAN NUTRITION

DATE: 07TH DECEMBER, 2017

TIME: 4.00 -6.00 PM

Section A (COMPULSORY)

1. a) Define the following terms (5 Marks)
 - i) Nutrition
 - ii) Hydrogenation
 - iii) Lipids
 - iv) Glycogen
 - v) Glycemic index
- b) Explain Four implications of inadequate intake of protein (4 Marks)
- c) Highlight Four functions of Iron in the body (4 Marks)
- d) State Five factors that influence human nutrient requirements (5 Marks)
- e) Explain Three classes of monosaccharides (6 Marks)
- f) Identify Four problems associated with excess fat intake (4 Marks)
- g) State Two deficiencies of vitamin B in the body (2 Marks)

SECTION B (ANSWER ANY TWO QUESTIONS IN THIS SECTION)

2. a) State Five uses of water in the body (5 Marks)
- b) Explain what happens to a meal of maize and beans (Githeri) from the time it is ingested to the time it is passed out as faeces (15 Marks)

3. a) Explain Five factors that affect Basal Metabolic Rate (10 Marks)
- b) Explain Five ways of managing glucose intolerance (10 Marks)
4. a) Explain the etiology of the following conditions
- i) Diabetes (3Marks)
- ii) Osteomalacia (2 Marks)
- b) State Five functions of the following in the body
- a) Fats (5 Marks)
- b) Vitamin A (5 Marks)
- c) Proteins (5 Marks)