



GRETSA UNIVERSITY - THIKA

UNIVERSITY EXAMINATIONS SEPTEMBER – DECEMBER 2021 SEMESTER

DIPLOMA IN NUTRITION AND DIETETICS

COURSE CODE: DIND 020

COURSE TITLE: PRINCIPLES OF HUMAN NUTRITION

DATE: 17 NOVEMBER 2021

TIME: 8:00 AM – 11:00 AM

INSTRUCTIONS TO CANDIDATES

1. SECTION A IS **COMPULSORY**.
2. SECTION B: ANSWER ANY OTHER **THREE** QUESTIONS.
3. **DO NOT** WRITE ANYTHING ON THIS QUESTION PAPER AS IT WILL BE AN EXAM IRREGULARITY.
4. ALL ROUGH WORK SHOULD BE AT THE BACK OF YOUR ANSWER BOOKLET AND CROSSED OUT.

CAUTION: All exam rooms are under CCTV surveillance during the examination period.

SECTION A: COMPULSORY

MULTIPLE CHOICE QUESTIONS [1-5]

[ONE MARK EACH]

1. The following are classes of nutrition except one. Which one?
 - A. carbohydrates
 - B. Proteins
 - C. Vitamins
 - D. calories
2. Which of the following is not a macronutrient?
 - A. vitamins
 - B. lipids
 - C. proteins
 - D. carbohydrates
3. Which of the following is a micronutrient?
 - A. oxygen
 - B. magnesium
 - C. essential oil
 - D. beans
4. Which of the following is not a biochemical and physiological need?
 - A. energy
 - B. regulation
 - C. storage
 - D. structure
5. Which of the following is not a function of nutrients?
 - A. Growth
 - B. maintenance
 - C. protection
 - D. reproduction

SHORT ANSWER QUESTIONS: ANSWER ALL QUESTIONS

1. Highlight the four physiological processes of an organism [4 Marks]
2. State four types of research studies in nutrition [4 Marks]
3. List six examples of carbohydrates [6 Marks]
4. State the six principles of diet planning. [6 Marks]
5. Highlight the types of information included on food labels [5 Marks]
6. List any five functions of carbohydrates [5 Marks]
7. State any five benefits of fiber [5 Marks]

SECTION B

[CHOOSE ANY THREE QUESTIONS]

QUESTION ONE

- a) Describe five functions of proteins [10 Marks]
- b) Explain any five factors that affect the body metabolic rate [10 Marks]

QUESTION TWO

- a) Explain five consequences of poor nutrition? [10 Marks]
- b) Discuss the two types of protein deficiencies [10 Marks]

QUESTION THREE

- a) Define the term lactose intolerance [2 Marks]
- b) Discuss the symptoms and causes of lactose intolerance [8 Marks]
- c) Discuss the digestion and absorption of carbohydrates [10 Marks]

QUESTION FOUR

- a) Discuss the digestion, absorption and transport of lipids [20 Marks]

QUESTION FIVE

- a) Define the term over nutrition [2 Marks]
- b) Discuss the four dietary intake methods [8 Marks]
- c) Discuss five short- and long-term effects of poor nutrition [10 Marks]