



# **GRETSA UNIVERSITY - THIKA**

## **UNIVERSITY EXAMINATIONS SEPTEMBER-DECEMBER 2021 SEMESTER**

### **DIPLOMA IN NUTRITION AND DIETETICS**

**COURSE CODE: DIND 053**

**COURSE TITLE: NUTRITION ANTHROPOLOGY**

**DATE: 17<sup>TH</sup> NOVEMBER 2021**

**TIME: 3-6PM**

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#### **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

[ONE MARK EACH]

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1. Which of the following is not a macronutrient
  - A. Fats
  - B. Proteins
  - C. Potassium
  - D. Starch
2. Which of the following periods of the lifecycle would you expect temporary food avoidance
  - A. Pregnancy
  - B. Sickness
  - C. Infancy
  - D. All of the above
3. Which of the following is a social determinant of food choice
  - A. Hunger
  - B. Cost
  - C. Education
  - D. Cultural influence
4. Which of the following roles relate to women in achieving food security
  - A. Processing and storing food
  - B. Preparing and distributing food
  - C. Ensuring safe and sustained consumption
  - D. All of the above
5. Which of the following is a psychological function of food
  - A. Satisfying emotional needs
  - B. Controlling body activities
  - C. Rituals
  - D. Friendship and communication

**SHORT ANSWER QUESTIONS: ANSWER ALL QUESTIONS IN THIS SECTION**

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1. Explain the term household [2 Marks]
2. Outline four benefits of changing to healthy eating habits [4 Marks]
3. State five manifestations of culture [5 Marks]
4. Outline four roles of families in a society [4 Marks]
5. State five ways by which culture affect food access [4 Marks]
6. Highlight five problems of urbanization in the modern world [5 Marks]
7. State three levels of socialization [3 Marks]
8. Highlight four layers of culture [4 Marks]
9. State five factors affecting food availability for low income individuals in urban areas [4 Marks]

**SECTION B: CHOOSE ANY THREE QUESTIONS]**

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1.
  - a) Explain five cultural factors that contribute to nutrient depletion in food [10 marks]
  - b) Explain five factors affecting people's eating behaviours [10 marks]
  
2. Traditionally, food has been used in the society in a variety of ways in response to biological, social, cultural and environmental pressure.
  - a) Explain five social determinants of food choice [10 marks]
  - b) Explain the biological functions of food [10 marks]
  
3.
  - a) Explain five roles that men play in household food security [10 marks]
  - b) Discuss the roles of women in food availability and access [10 marks]
  
4.
  - a) Explain five factors affecting availability of food for low income individuals [10 Marks]
  - b) Explain five revolutions that led urbanization [10Marks]
  
5.
  - a) Explain the social functions of food [10 Marks]
  - b) Explain five social determinants of food choice [10 Marks]