

CHUKA



UNIVERSITY

SUPPLEMENTARY/ SPECIAL EXAMINATIONS

**FIRST YEAR EXAMINATION FOR THE AWARD OF DEGREE OF
BACHELOR OF PSYCHOLOGY**

FOND 121: PRINCIPLES OF HUMAN NUTRITION

STREAMS: B. PSYC

TIME: 2 HOURS

DAY/DATE: THURSDAY 04/02/2021

11.30 AM – 1.30 PM

INSTRUCTIONS:

- Answer **All** questions in **SECTION A** and **Any Two** in **SECTION B**
- Do not write anything on the question paper

SECTION A: (30 MARKS)

1. Explain three guidelines to optimal nutrition (6 Marks)
2. Explain the following terms: (6 Mark)
 - a) Growth spurt
 - b) Monosaccharides
 - c) Essential amino acids
3. Distinguish between the following terms: (6 Marks)
 - a) Saturated fatty acids and monounsaturated fatty acids
 - b) Complementary feeding and mixed feeding
 - c) Complete proteins and incomplete proteins
4. Explain any two functions of the following: (6 Marks)
 - a) Vitamin A
 - b) Lipids
 - c) Proteins
5. Briefly explain two methods of taking anthropometric measurements (4 Marks)
6. Briefly explain two reasons why an infant may receive artificial feeding (2 Marks)

SECTION TWO: Answer any TWO questions (Total 40 marks)

7. a) Explain five nutrition challenges that adolescents face (10 Marks)
- b) Explain five reasons why an elderly woman is likely to end up with a poor nutrition status (10 Marks)
8. a) Discuss six strategies that would reduce food shortage in developing countries (12 Marks)
- b) Explain five reasons why exclusive breastfeeding is important to the baby (8 Marks)
9. a) Explain why expectant and lactating women have higher nutrient requirements (10 Marks)
- b) Discuss the carbohydrate nutrient, its sources and functions (10 Marks)
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