

**CHUKA**



**UNIVERSITY**

**UNIVERSITY EXAMINATIONS**

**SECOND YEAR EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF  
TOURISM MANAGEMENT**

**FOND 121/FOST 221: PRINCIPLES OF HUMAN NUTRITION**

**STREAMS: BTHM Y2S1**

**TIME: 2 HOURS**

**DAY/DATE: TUESDAY 11/12/2018**

**2.30 P.M. – 4.30 P.M.**

**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 the following terms: (6 marks)
  - (a) Pre-natal care
  - (b) Mono-unsaturated fatty acids
  - (c) Diet
2. Differentiate between: (4 marks)
  - (a) Artificial feeding and complementary feeding
  - (b) Clinical and biochemical nutrition assessment
3. Explain how a vegetarian can ensure proper nutrition to sustain healthy immune system and enzyme production. (4 marks)
4. Briefly explain two guidelines which if followed should enable one to meet their nutrient requirements. (4 marks)
5. Briefly describe three ways a community health worker can establish an individual's nutritional status through body dimensions. (6 marks)
6. Briefly explain three reasons why a mother may fail to exclusively breastfeed her baby. (6 marks)

**SECTION B (40 MARKS)**

7. (a) Describe steps that a medical officer should follow to ascertain if a person is diabetic. (8 marks)
- (b) Discuss three ways in which a Community Health Worker will determine causes of under-nutrition in a household. (12 marks)
8. (a) Explain four reasons of low dietary intake in an elderly woman. (8 marks)
- (b) Explain why expectant and lactating women need improved dietary habits. (12 marks)
9. (a) Discuss various categories of energy-giving foods (10 marks)
- (b) Explain five results of inadequate intake of beta-carotene. (10 marks)
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