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 TIMI	E: 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 spurtb) Monosaccharidesc) Essential amino acids			
3. Distinguish between the following terms:	(6 Marks)		
a) Saturated fatty acids and monounsaturated fatty acidsb) Complementary feeding and mixed feedingc) Complete proteins and incomplete proteins			
 4. Explain any two functions of the following: a) Vitamin A b) Lipids c) Proteins 	(6 Marks)		
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 wit status	h a poor nutrition (10 Marks)	
8.	a)	Discuss six strategies that would reduce food shortage in developi	ng countries (12 Marks)	
	b)	Explain five reasons why exclusive breastfeeding is important to t	he baby (8 Marks)	
9.	a)	Explain why expectant and lactating women have higher nutrient	spectant and lactating women have higher nutrient requirements (10 Marks)	
	b)	Discuss the carbohydrate nutrient, its sources and functions	(10 Marks)	