

## 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:
a) Growth spurt
b) Monosaccharides
c) Essential amino acids
3. Distinguish between the following terms:
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
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)
