

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

RESIT/SPECIAL EXAMINATION

EXAMINATION FOR THE AWARD OF DEGREE
OF BACHELOR OF SCIENCE IN FOOD SCIENCE AND TECHNOLOGY

FOST 221: PRINCIPLES OF HUMAN NUTRITION

STREAMS: BSC (FOST)

TIME: 2 HOURS

DAY/DATE: WEDNESDAY 18/11/2020

11.30 A.M. – 1.30 P.M.

**INSTRUCTIONS: ANSWER ALL QUESTIONS IN SECTION A AND ANY TWO
QUESTIONS IN SECTION B**

SECTION A: ANSWER ALL QUESTIONS (30 MARKS)

- 1) Explain the meaning of the following terms as applied in human nutrition: (8 Marks)
 - i. Essential nutrients
 - ii. Overnutrition
 - iii. Food exchange system
 - iv. Limiting amino acids
- 2) Discuss the commonly used diet planning principles (6 Marks)
- 3) Discuss the uses of zinc in the human body (2 Marks)
- 4) Discuss the importance of folate and iron given to pregnant women during their prenatal care (4 Marks)
- 5) Highlight the dietary sources of vitamin K (2 Marks)
- 6) Explain how dietary standards can be misused (3 Marks)
- 7) Explain why dietary goals and guidelines still have a role in developing countries (5 Marks)

SECTION B: ANSWER ANY TWO QUESTIONS (40 MARKS)

4. (a) Discuss the strategies that the Kenyan government should employ to end food and nutrition insecurity problem that reoccurs every year (10 Marks)
- (b) Discuss the methods that can be used in the assessment of nutritional status of a person (10 Marks)
5. (a) Discuss the classification of fibers and their significance to human nutrition and disease management (10 Marks)
- (b) Discuss the metabolism of carbohydrates in the human body (10 Marks)
6. (a) Discuss the health consequences of over nutrition and how they can be managed (10 Marks)
- (b) Excess intake of micronutrients can result in toxicity. Using specific examples, discuss toxic effects originating from excessive intake of minerals (8 marks)
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