

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

FIRST YEAR EXAMINATION FOR THE AWARD OF DEGREE
OF BACHELOF OF SCIENCE IN HUMAN NUTRITION AND DIETETICS

HNDS 132: PRINCIPLES OF HUMAN NUTRITION

STREAMS: BSC (HNDS)

TIME: 2 HOURS

DAY/DATE: THURSDAY 06/04/2020

8.30 A.M. – 10.30 A.M.

INSTRUCTIONS: Answer ALL questions

SECTION A (30 MARKS)

1. Outline four types of absorption that occur in the small intestine [4 marks]
2. Define the following terms [3 marks]
 - (a) Micronutrient deficiency
 - (b) Osteomalacia
 - (c) Xerosis
3. Giving examples, differentiate between organic and inorganic nutrients [4 marks]
4. Name three disaccharides and their two monosaccharide's linkages that make up their structure. [6 marks]
5. State five factors that influence basal metabolic rate [5 marks]
6. State three roles that are expected to be performed by Dietary Reference Intakes (DRIs) [3 marks]
7. What is the difference between complete and incomplete proteins? (Give examples to back-up your answer) [3 marks]
8. State the possible health benefits of the following phytochemicals [2 marks]
 - (i) Inositol
 - (ii) Polyphenols

SECTION B (40 MARKS)

1. Describe the digestion and absorption of carbohydrates in the human system [20 marks]
 2. Discuss four types of protein energy malnutrition (PEM) [20 marks]
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