



UNIVERSITY EXAMINATIONS

**EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF SCIENCE IN
HUMAN NUTRITION AND DIETETICS**

HNDS 361: NUTRITIONAL ANTHROPOLOGY

STREAMS: Y3S1

TIME: 2 HOURS

DAY/DATE: WEDNESDAY 18/12/2024

2.30 P.M – 4.30 P.M

INSTRUCTIONS:

- Answer **ALL** questions
- Do not write anything on the question paper
- **No** use of mobile phones or any other unauthorized materials
- Write your answers legibly and use your time wisely

SECTION A: MULTIPLE CHOICE QUESTIONS (10 MARKS)

1. _____ anthropologist study human evolution and modern human biological variation and adaption
 - A. Linguistic
 - B. Cultural
 - C. Physical/biological
 - D. Applied
2. Traditional food preparation methods in Kenya often involve:
 - A. Extensive processing and added sugars
 - B. Fermenting and preserving techniques
 - C. High reliance on imported ingredients
 - D. Individualized portion sizes
3. Which research method is most likely to be used to investigate the symbolic meanings associated with food in a Kenyan community?
 - A. Randomized controlled trial
 - B. In-depth interviews
 - C. Laboratory analysis of food samples
 - D. National dietary survey

4. Which of the following is NOT a potential consequence of food taboos?
 - A. Nutrient deficiencies
 - B. Increased food insecurity
 - C. Social stigma and exclusion
 - D. Improved food diversity
5. How can understanding kinship and sharing practices inform nutrition interventions in Kenya?
 - A. By promoting individual responsibility for food choices
 - B. By designing programs that respect community dynamics
 - C. By focusing on changing individual food preferences
 - D. By providing standardized nutrition education materials
6. What is a major chronic disease linked to poor diet and nutrition in Kenya?
 - A. Malaria
 - B. HIV/AIDS
 - C. Diabetes
 - D. Tuberculosis
7. Which of the following is NOT a characteristic of hunter-gatherer diets?
 - A. High in fiber and micronutrients
 - B. Low in saturated fat and processed foods
 - C. Variable depending on season and location
 - D. Reliant on domesticated animals for protein
8. Process by which cultural traits spread from one group or society to another is called
 - A. Folkways
 - B. Cultural diffusion
 - C. Counter culture
 - D. Cultural complexes
9. What is the ethical responsibility of a nutrition professional working in a culturally diverse context?
 - A. To impose their own beliefs and values on clients
 - B. To respect and understand cultural differences in food practices and beliefs
 - C. To prioritize Western scientific knowledge over traditional wisdom
 - D. To focus solely on individual behavior change without considering social factors
10. Archaeologists have the same goals as cultural anthropologists, but they must use very different methods since their research subjects are _____.

- A. Dead
- B. Far away
- C. Uncooperative
- D. Suspicious

SECTION B: SHORT ANSWER QUESTIONS (30 MARKS)

1. Explain two ways in which culture shapes dietary patterns. (4 marks)
2. Identify three indigenous pulses and explain their importance. (6 marks)
3. How does indigenous knowledge contribute to nutrition and development? (2 marks)
4. Describe two anthropological research methods used to study food consumption. (4 marks)
5. Explain two ways in which anthropology contributes to understanding nutritional status. (4 marks)
6. Discuss two cultural factors that can contribute to malnutrition. (4 marks)
7. Explain two ways in which globalization has impacted traditional food systems. (4 marks)
8. Explain the concept of "nutrition transition" from an anthropological perspective. (2 marks)

SECTION C: LONG ANSWER QUESTIONS (30 MARKS)

1. The development of ethnic and national cuisines is a significant area of study in nutritional anthropology.
 - a) Define 'ethnic cuisine' and 'national cuisine' in the context of nutritional anthropology. (4 marks)
 - b) Explain three (3) factors that contribute to the rise of ethnic and national cuisines. (6 marks)
 - c) Analyze five (5) ways in which the study of ethnic and national cuisines can inform our understanding of cultural identity, nutrition, and food security. (10 marks)
 2. The biocultural perspective is fundamental to the study of nutrition in anthropology.
 - a) Define the biocultural approach in nutritional anthropology. (2 marks)
 - b) Explain four (4) ways in which biological and cultural factors interact to influence human nutrition. (8 marks)
-