

CHUKA



UNIVERSITY

**UNIVERSITY EXAMINATION
RESIT/SUPPLEMENTARY / SPECIAL EXAMINATIONS EXAMINATION FOR THE
AWARD OF DEGREE OF BACHELOR OF PSYCHOLOGY**

FOND 121: PRINCIPLES OF HUMAN NUTRITION

STREAMS:

TIME: 2 HOURS

DAY/DATE: TUESDAY 10/08/2021

8.30 A.M - 10.30 A.M.

INSTRUCTIONS:

Answer ALL Questions

SECTION A: SHORT ANSWER QUESTIONS (40 MARKS)

1. Explain what you understand by the term malnutrition (3 marks)
2. Name six benefits of good nutrition (6 marks)
3. Define the following terminologies (5 marks)
 - (i) Micronutrient Deficiency
 - (ii) Non-communicable diseases
 - (iii) Metabolism
 - (iv) Osteomalacia
 - (v) Xerosis
4. Explain the differences between the following; (6 marks)
 - (i) Organic and inorganic nutrients
 - (ii) Essential and non-essential nutrients
 - (iii) Saturated and unsaturated fats
5. Name the monosaccharides that constitute the following disaccharides (6 marks)
 - a) Lactose
 - b) Sucrose
 - c) Maltose

6. Outline four functions of lipids in the body (4 marks)
7. Outline four types of absorption that occur in the small intestine. (4 marks)
8. What is the difference between complete and incomplete proteins? (give examples to back-up your answer) (4marks)
9. Give two examples of complex carbohydrates (2 marks)

SECTION B (30 MARKS)

- 1) a) Explain the differences between water-soluble and fat soluble vitamins (4 marks)
b) Name six types of vitamins and the functions performed by each in the body (6 marks)
 - 2) You have just eaten a piece of chapati. Describe the processes involved in its' digestion and absorption in the body (20 marks)
-