

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: THURSDAY 04/11/2021**

**8.30 A.M - 10.30 A.M.**

**INSTRUCTIONS**

- **Answer ALL Questions**

**SECTION A: SHORT ANSWER QUESTIONS (40 MARKS)**

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

5. Name six benefits of good nutrition (6 marks)
6. Outline four functions of carbohydrates 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)
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