

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

**EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF
PSYCHOLOGY**

FOND 121: PRINCIPLES OF HUMAN NUTRITION

STREAMS: Y1S2

TIME: 2 HOURS

DAY/DATE: TUESDAY 23/03/2021

11.30 A.M – 1.30 P.M

INSTRUCTIONS:

Answer ALL questions

SECTION A (40 MARKS)

1. Explain the difference between inorganic nutrients and give examples of a nutrient in each category. [4 marks]
2. Calculate the energy available from a bean burrito with cheese (55g Carbohydrates, 15g protein and 12g fat). Determine the percentage of calories from each of the energy nutrients. [6 marks]
3. Explain what you understand by the term malnutrition. [3 marks]
4. Define the terms essential and non essential fatty acids, then give examples for each. [4 marks]
5. Outline four functions of proteins in the body. [4 marks]
6. State three roles that is expected to be performed by dietary reference intake (DRIs). [3 marks]
7. Explain four mechanism of nutrient absorption in the small intestine. [8 marks]
8. Name two types of oligosaccharides and state their food sources. [4 marks]

9. What is the difference between complete and incomplete proteins? (give examples to back –up your answer) [4 marks]

SECTION B (30 MARKS)

1. Discuss the role of phytochemicals in human body. [10 marks]
2. Describe the digestion and absorption of carbohydrates in the human system.

[20 marks]
