

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF

BIOC 304: BASIC NUTRITION

STREAMS:

TIME: 2 HOURS

DAY/DATE: MONDAY 4/12/2017

11.30 A.M – 1.30 P.M

INSTRUCTIONS:

- **Answer question one and any other two questions**

1. (a) Name the six classes of nutrients and their primary functions. [5marks]
(b) List and briefly explain the four basic steps in nutrition assessment. [5marks]
(c) Giving examples briefly discuss the cumulative effect of nutrition. [5marks]
(d) Calculate the estimated energy requirement for a 23 year old female, 5'5" (1.64m) , 110 pounds (50kg), low physical activity (typical student). [5marks]
(e) List the causes and dangers of overweight and underweight. [5marks]
(f) Define and classify vitamins. [5marks]
2. (a) Identify the food groups and their placement on the "my pyramid". [10marks]
(b) Outline clinical significance and key recommendations of dietary guidelines. [10marks]
3. (a) Identify some symptoms of, or disease caused by, deficiencies of the vitamins. [10marks]
(b) Discuss trace mineral toxicity. [10marks]

4. (a) Describe the process of digestion indicating the enzymes and /or digestive juices secreted by respective organs or glands in the digestive system. [10marks]
- (b) Describe the processes of absorption and metabolism. [10marks]
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