

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

SECOND YEAR EXAMINATION FOR THE AWARD OF DEGREE
OF BACHELOR OF SCIENCE IN FOOD SCIENCE

FOST 221: PRINCIPLES OF HUMAN NUTRITION

STREAMS: BSC (FOST) Y2S1

TIME: 2 HOURS

DAY/DATE: TUESDAY 05/12/2017

8.30 A.M. – 10.30 A.M.

INSTRUCTIONS: ANSWER ALL THE QUESTIONS

1. Describe four (4) most used anthropometric indicators in children under five years of age. [8 marks]
 2. Outline the WHO proposed Body Mass Index (BMI) cut-offs for adults over 20 years of age. [5 marks]
 3. State five (5) causes of starvation. [5 marks]
 4. List five (5) chemical classifications of amino acids citing one example from each class. [5 marks]
 5. State ten importance of water in the body. [10 marks]
 6. Describe the process of carbohydrate digestion. [10 marks]
 7. State five (5) importance of good nutrition. [5 marks]
 8. (a) List five (5) bacteria that cause foodborne illness. [5 marks]
(b) Give two (2) sources of each of the bacteria listed above. [5 marks]
 9. State five (5) preventive measures of foodborne illness. [5 marks]
 10. State seven (7) symptoms of kwashiorkor in children. [7 marks]
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