



The Open University of Sri Lanka
Bachelor of Medical Laboratory Sciences (B.MLS)

MLU3143 – Application to Nutrition
Semester 01- Academic year 2015/2016

No Book Test 02

Return your question paper with the answer sheet

Date: 13.10.2015

Duration – 1 1/2 hours

Time: 10.00 a m - 11.30 a m

Registration No.....

Please read the following instructions carefully before you answer the paper.

(100 marks)

This question paper consists of three (4) parts; part A, part B, part C and part D

Part A– (20 Marks)

There are 10 Multiple Choice Questions in this paper, each question with five responses. Select the **correct response** and mark in the given answer sheet.

Part B – (10 Marks)

You are given 10 matching questions. Match the answers given in the column B with the descriptions given in the column A. Write the correct letter in the given space.

Part C – (40 Marks)

There are given **two (2)** short answer questions. Each question contains 3 parts. Answer **all** the questions.

Part D – (30 Marks)

There are two Structured Essay questions. Each question contains six parts. Answer all the questions.

Good Luck!

Part B

Match the statement in column A with the most suitable answer listed in column B

	Column A		Column B
1	An example of a component of a probiotic	A	Inulin
2	This substance is more in breast milk than in cow's milk	B	Vitamin A
3	A component in tea	C	Unsaturated fatty acids
4	An example of a prebiotic	D	Phenylalanine
5	Important in women's bone health	E	Lactobacillus species
6	An essential dietary component for pregnant women	F	Caffeine
7	Deficiency of this component is of public health significance in Sri Lanka	G	Epigallocatechin gallate
8	Presence of this substance in the diet causes PKU in certain individuals	H	Vitamin D
9	This substance should be reduced or avoided during pregnancy	I	Folic acid
10	Foods represented by the purple band in the food pyramid are rich in this nutrient	J	Protein

Registration No:.....

Part C

Question 1

- 1.1 State 3 differences between a prebiotic and a probiotic substance (6 marks)
- 1.2 Give 3 examples of prebiotics (6 marks)
- 1.3 What are the criteria that need to be satisfied for a food component to be classified as a prebiotic? (4 marks)
- 1.4 List the potential benefits of probiotic foods (4 marks)

Question 2

- 2.1 List the potential benefits of tea (6 marks)
- 2.2 How does adding milk to tea affect the health benefits of tea? (5 marks)
- 2.3 What are the dangers of fasting? (4 marks)
- 2.4 What are the side effects of dieting? (5 marks)

Part D

Question 1

1. Briefly explain what is meant by phenylketonuria (3 marks)
2. What are the modifications that should be made to the diet of a person suffering from phenylketonuria? (2 marks)
3. What are the health benefits of breast feeding to the infant, during and after early childhood? (2 marks)
4. What is meant by complementary feeding of infants? (2 marks)
5. What are the micronutrients that should be included in a healthy diet for women? (3 marks)
6. Why are healthy fats important in the diet of women? (3 marks)

Question 2

1. Describe how Biochemical data can be used in nutrition assessment (4 marks)
2. What are the types of chemical techniques used in Nutritional Assessment? (3 marks)
3. What are main causes of under-nutrition in Sri Lanka? (3 marks)
4. What are the key micronutrient deficiencies of public health significance in Sri Lanka (3 marks)
5. What is meant by 'chronic energy deficiency' (CED)? (1 mark)
6. What is meant by acute 'energy deficiency'(AED)? (1 mark)