B.Sc. NURSING DEGREE PROGRAMME- 2018/19
BACHELOR OF PHARMACY - LEVEL 05 - 2018/19
NUTRITION - NSU3106
FINAL EXAMINATION

INDEX NO: .....

Part B –Short Answer Questions
(40 marks)

Write answers in the space provided.

B.1 (a) Calculate the total energy content, in kilocalories, of a snack bar that contains 20 g of carbohydrates, 6 g of fat and 5 g of protein. [*05 marks*]

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(b) Giving an example, define the term "empty-calorie foods". *[03 marks]*

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B.2 Briefly outline four (04) limitations of "The Recommended Nutrient Intakes" (RNIs) standards. *[08 marks]*

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4. .....

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B.3 (a) State the difference between a saturated fat and an unsaturated fat. *[04 marks]*

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(b) Polyunsaturated fatty acids are considered healthy. Name the main two categories of these fatty acids. *[04 marks]*

1. .....

2. .....

B.4 Outline how calcium and vitamin D work together in the body. *[04 marks]*

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B.5 List five (05) main functions of vitamin C in the human body. *[05 marks]*

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2. .....
3. .....
4. .....
5. .....

(b) A person with lactose intolerance may tolerate fermented milk better than fresh milk. Explain. [*07 marks*]

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Part C –Essay Questions
(30 marks)

Answer only two (02) questions out of three (03) questions. Write answers in separate sheets.

C.1 (a) Outline the nutrient metabolism process during fasting. *[07 marks]*

(b) Explain the importance/function of hydrochloric acid in stomach. *[08 marks]*

C.2 Giving examples, discuss strategies that can be used to prevent oxidation of fats in food samples. *[15 marks]*

C.3 (a) The "yo-yo" effect or "yo-yo" dieting is a very common situation in which people struggle to maintain their goal weight. Briefly explain the cause of the "yo-yo"effect of dieting. *[07 marks]*

(b) Overweight and obesity is associated with a variety of chronic diseases. Discuss the effective weight lost strategies. *[08 marks]*

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