

LAIKIPIA



UNIVERSITY

UNIVERSITY EXAMINATIONS

1ST SEMESTER 2023/2024 ACADEMIC YEAR

FIRST YEAR EXAMINATION FOR THE DEGREE OF
BACHELOR OF SCIENCE IN COMMUNITY
DEVELOPMENT

CDEV 113: PRINCIPLES OF HUMAN NUTRITION

STREAM:

TIME: 2 HRS

DAY: WEDNESDAY [14.30-16.30 P.M] ***DATE: 13/12/2023***

THIS QUESTION PAPER CONSISTS OF THREE (3) PAGES

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INSTRUCTIONS:

Answer *ALL* questions from Section A and any other *TWO* from Section B:

SECTION A: (30 Marks)

- Q1. (a) Explain the meaning of the following terms as used in human nutrition. Give example in each case.
- i) Food **(3 marks)**
 - ii) Essential Nutrients **(3 marks)**
 - iii) Calorie **(3 marks)**
- (b) Differentiate between malnutrition and under nutrition **(4 marks)**
- (c) List six classes of nutrients **(6 marks)**
- (d) Discuss effects of poor nutrition **(11marks)**

SECTION B: (40 Marks)

- Q2. (a) Explain three basic functions of both macro and micro nutrients **(4 marks)**
- (c) Outline characteristics of both vitamins and minerals as nutrients required by human body to grow and develop normally **(6 marks)**
- (b) Discuss the significance of regulatory nutrients in human body **(10 marks)**
- Q3. (a) By use of examples, explain the meaning of under nutrition **(6 marks)**
- (b) Discuss the consequences of poor diet **(8 marks)**
- (c) Outline major facts on the use of recommended dietary allowances (RDA) **(6 marks)**
- Q4. (a) Explain the following as used in national assessment
- (i) Characteristic of dietary method of nutritional assessment **(4 marks)**
 - (ii) 24 hour recall **(4 marks)**
- (b) Explain the meaning of a healthy diet **(2 marks)**
- (c) Discuss major dietary planning principles **(10 marks)**



- Q5
- (a) Explain the meaning of basal metabolic rate (BMR) **(2 marks)**
 - (b) Discuss factors that affect basal metabolic rate **(10 marks)**
 - (c) Differentiate between saturated and unsaturated fatty acids **(4 marks)**
 - (d) Explain the role of lipids in human body **(4 marks)**

