



**MASINDEMULIROUNIVERSITY OF  
SCIENCE AND TECHNOLOGY  
(MMUST)**

MAIN CAMPUS

**UNIVERSITY EXAMINATIONS  
2020/2021 ACADEMIC YEAR**

**FIRST YEAR, FIRST TREETEMESTER EXAMINATIONS**

**FOR THE DEGREE  
OF  
BACHELOR SCIENCE IN HEALTH PROFESSIONS EDUCATION**

**COURSE CODE: HPE 205**

**COURSE TITLE: HUMAN NUTRITION AND INTELLECTUAL  
DEVELOPMENT**

**DATE: TIME:**

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**INSTRUCTIONS TO CANDIDATES**

Section A: Multiple Choice Questions	20 marks
Section B: Short answer Questions	40 marks
Section C: Long answer Questions	40 marks

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 2 Printed Pages. Please Turn Over. ►

*Feb  
4/1/2022* This paper is not complete.  
Part of section A, and section B & C  
are missing.

- d) Oxygen
- 10) Growth is monitored by?
- Height
  - Weight
  - Growth chart
  - Anthropometric measurement
- 11) 1 gram of protein is equivalent to \_\_\_\_\_ of energy
3. Kcals.
  4. Kcals.
  5. Kcals.
  6. kcals
- 12) Which of the following is not considered a food reaction for infants
- Diarrhea
  - Hypertension
  - Skin rash
  - Difficulty in breathing
- 13) Aerobic glucose breakdown provides most of the energy for sports activities lasting
- 30 seconds to 1 minute.
  - 2 minutes to 4 hours.
  - Up to 30 seconds.
  - 1 to 2 minutes.
- 14) Kwashiorkor is diagnosed in growth retarded child along with:
- Edema and mental retardation.
  - Hypopigmentation and anemia
  - Edema and hypopigmentation
  - Hepatomegaly and anemia
- 15) Lowering blood pressure is associated with which of the following minerals?
- Potassium
  - Sodium
  - Chloride
  - Cadmium
- 16) If a woman athlete is not menstruating regularly, she should do all the following except
- Exercise more intensely.
  - Increase her calorie intake.
  - Get adequate calcium in the diet.
  - Have her body fat percentage checked.
- 17) A major characteristic of an anorectic that significantly inhibits successful treatment is
- Projection.
  - Rationalization of the problem.
  - Denial of the problem.
  - Suppression of feelings.
- 18) A disorder in which frequent bingeing and possibly purging occurs is called
- Compulsive overeating.
  - Anorexia nervosa.
  - Hypoglycemia

**School of Public Health, Biomedical Science and Technology,  
Course Outline.**

**Department:** HEALTH PROFESSIONS EDUCATION.  
**Programme:** Bachelor of Science in Health Professions Education.  
**BSP136:** Human Nutrition and Intellectual development  
**Year of study:** 2<sup>nd</sup>  
**Trimester:** 1<sup>st</sup> 2021.

**Academic Year:** 2020/2021.  
**Date:** 9<sup>th</sup> September 2021

## 2. Purpose

The course is designed to provide students with a sound scientific background knowledge, skills and attitude on the physiological requirements and functions of protein, energy and the major vitamins and minerals that are determinants of health and disease in human population.

## 3. Learning Objectives.

1. Define nutrition and health in relationship to the body.
2. Describe the process of metabolism and the effect on body.
3. Explain the composition of a balanced diet and its importance on the body.
4. Discuss the disease associated with nutrition deficiency and the effect on health.
5. Explain medical and surgical conditions associated with nutritional effects.
6. Discuss nutritional services and nutritional services and nutrition in health promotion of an individual.

## 4. Course Description (Contents).

Week	Topic
1	Definition of nutrition, nutrients, diet and balanced diet. Food: classes, source and nutrient content.
2	Biochemical structures, functions and energy: carbohydrates, proteins and lipids.
3	Vitamins and mineral salts.
4	Enteral nutrition in medical care; oral use of enteral formulas, tube feedings, feeding routes, formula selection.
5	Parenteral nutrition support: indications for parenteral support, parenteral nutrients, formula preparation.
6	Administering parenteral nutrition: insertion and discontinuing intravenous feedings
7	Anthropometric measurement, weight management: overweight and underweight, fat cell development, fat cell metabolism.
8	Set-point theory, Causes of obesity, genetic and environment.
9	Problems of obesity; drugs and surgery.
10	Weight loss strategies; eating plans, physical activity, behavior and attitude
11	Nutrition cancer and HIV infection: medical nutrition therapy.
12	Manifestations of nutritional and metabolic disorders: physical, neurological and psychiatric
13	Nutritional supplementation and disease management.
14	<b>Revision.</b>
15	<b>Final examinations.</b>
16	<b>Final examinations.</b>

## 5. Course Requirements.

### A) Attendance.