



University of Choice

**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY (MMUST)**

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

SUPPLEMENTARY EXAMINATION

2023/2024 ACADEMIC YEAR

SECOND YEAR FIRST TRIMESTER EXAMINATIONS

FOR THE DEGREE OF

BSC. CLINICAL MEDICINE AND SURGERY

BSC. HEALTH PROFESSIONALS EDUCATION

COURSE CODE: HCM 242

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

DATE: 5TH TUESDAY DECEMBER, 2023

TIME: 8.00- 10.00AM

INSTRUCTIONS TO CANDIDATES

There are three sections in the paper, answer questions in **ALL** the three sections.

1. **Section A** comprises of 20 multiple choice questions.
2. **Section B** comprises of 5 short answer questions.
3. **Section C** comprises of 3 essay type questions. Answer **ONLY TWO**

TIME: 2 Hours

MMUST observes ZERO tolerance to examination cheating.

This Paper Consists of 4 Printed Pages. Please Turn Over

SECTION I: 10 MULTIPLE CHOICE QUESTIONS EACH 1 MARK TOTAL 10 MARKS

Instructions: Choose one of the best answer that fits the statement

Enter all answers in the answer booklet provided

1. Carbohydrates are composed of mainly the elements.....except
 - a. Carbon
 - b. Hydrogen
 - c. Oxygen
 - d. Nitrogen

2. Lipids contain few elements of ----- than in carbohydrates
 - a. Carbon
 - b. Hydrogen
 - c. Nitrogen
 - d. Oxygen

3. Examples of unsaturated fatty acids excludes
 - a. Soya bean oil
 - b. Corn oil
 - c. Ghee
 - d. Sun flower

4. ----- is the main structural material in the body
 - a. Protein

- b. Carbohydrates
 - c. Fats
 - d. Water
5. Fats provides -----amount of kilocalories per gram
- a. 4kcal
 - b. 9kcal
 - c. 5kcal
 - d. 7kcal
6. ----- is a three carbon alcohol used to form triglycerides
- a. Phospholipids
 - b. Sterol
 - c. Glycerol
 - d. Lecithin
7. Fatty acid containing two or more carbon carbon double bonds is referred to as
- a. Polyunsaturated
 - b. Polysaturated
 - c. Unsaturated
 - d. Saturated
8. Lard is -----
- a. Saturated
 - b. Unsaturated
 - c. Monounsaturate
 - d. Polyunsaturate
9. Which of the following statements is FALSE regarding folate?
- a Folate is important for cell division
 - b Folate deficiency is associated with neural tube defects
 - c. Lack of folate will lead to gestational diabetes

d. Food sources of folate are spinach, lentils and fortified grains

10. Tocopherols are forms of Vitamin

- a. A
- b. D
- c. E
- d. K

SECTION II : FIVE SHORT QUESTIONS, EACH 6 MARKS (Total 30 MARKS)

- 11. Describe 6 (six) factors that influence our food choices (6 marks)
- 12. Describe historical information that you are expected to obtain from a dietary history? (6 marks)
- 13. Explain 6 (six) nourishment functions of proteins (6marks)
- 14. State factors 6 (six) influencing energy and nutrient requirements of an individual (6 marks)
- 15. Describe how fibre can be used in prevention and management of chronic lifestyle diseases (6 marks)

SECTION III: TWO LONG ANSWER QUESTIONS , 15 MARKS EACH 30 MARKS
TOTAL

- 16. Describe 5 micro nutrients in terms of functions (2), sources (4) and deficiencies (15 marks)
- 17. Discuss 5 cardiovascular conditions, risk factors and their nutrition management (15 marks)

