



(University of Choice)

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

MAIN CAMPUS

**UNIVERSITY EXAMINATIONS
2023/2024 ACADEMIC YEAR
MAIN PAPER**

**FIRST YEAR FIRST SEMESTER EXAMINATIONS
FOR THE DEGREE
OF
BSC. HUMAN NUTRITION AND DIETETICS/
BSC. COSMETOLOGY**

COURSE CODE: PND 111

COURSE TITLE: PRINCIPLE OF HUMAN NUTRITION

DATE: 5TH TUESDAY DECEMBER, 2023 TIME: 3.00PM- 5.00PM

INSTRUCTIONS TO CANDIDATES

Answer ALL Questions in section A and B
Answer ONLY TWO questions in section C

TIME: 2Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 3 Printed Pages. Please Turn Over.

Enter all answers in the answer booklet provided
Section I: MCQs 10 questions. Answer ALL of them. Total 10 Marks

1. The state in which the energy intake is greater than energy expended by the body is called.....
 - a. Energy balance
 - b. Positive energy balance
 - c. Negative energy balance
 - d. Energy imbalance
2. In determining the caloric value of food-----equipment is used
 - a. Bomb calorimeter
 - b. Thermometer
 - c. Calorimeter
 - d. Basal Meter
3. Thermic effect of food is energy used by the body to.....except
 - a. Physical activity
 - b. Digest
 - c. Absorb
 - d. Process food nutrients
4. An average of -----energy is required by sedentary women
 - a. 1600kcal
 - b. 2200kcal
 - c. 2150kcal
 - d. 2800kcal
5. -----is used to set healthy weight
 - a. Body mass index
 - b. Mid upper arm circumference
 - c. Weight for height ration
 - d. Weight for age ration
6. Obesity results when we have
 - a. Energy positive imbalance
 - b. Energy imbalance
 - c. Energy negative imbalance
 - d. Energy balance
7. Skin fold measurements are used to predict
 - a. Body fat content
 - b. Body protein content

- c. Body energy content
 - d. Body water content
8. Any substance that triggers an immune system response is an
- a) Antigen
 - b) Antibody
 - c) Phagocyte
 - d) Lymphocyte
9. Central organs of immune system exclude
- a) Skin
 - b) Gastro intestinal tract
 - c) Lymph tissue
 - d) White blood cells
10. Nutrients that support synthesis of enzymes and bio active compounds are -----
- EXCEPT**
- a) Selenium
 - b) Fatty acids
 - c) Carotenoids
 - d) Vitamin B6

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

11. Explain 6 principles of meal planning (6 Marks)
12. Describe 4 factors that influence energy and nutrient requirements of an individual (6Marks)
13. State the information contained on a food label (6marks)
14. Outline 6 components of Daily food guide (6 marks)
15. Explain how you will determine energy requirement of a patient (6 marks)

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

16. Describe how one will use dietary planning tools in planning of a healthy diet (15Marks)
17. My name is Roselyne. Am a lady aged 64 years. My weight is 68kgs and my height is 153cm. using exchange list tool of meal planning, plan for me a meal for the whole day (15 marks)

