



(University of Choice)

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

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

2021/2022 ACADEMIC YEAR

SECOND YEAR SECOND TRIMESTER EXAMINATION

FOR THE DEGREE

OF

**BACHELOR OF SCIENCE IN GLOBAL HEALTH AND TRAVEL
MEDICINE**

COURSE CODE: NCG 223

**COURSE TITLE: COMMUNITY HEALTH NUTRITION AND FOOD
SAFETY**

DATE: 21/04/2022 DAY: THUSD TIME: 8AM – 11AM

INSTRUCTIONS TO CANDIDATES

THIS PAPER CONSIST OF THREE SECTIONS A, B AND C

ANSWER ALL QUESTIONS

TIME: 3 HOURS

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 5 Printed Pages. Please Turn Over. 

SECTION A: 20 MCQs (20 MARKS)

NCG 223

1. What is the building block of nutrient protein?
 - a) Triglyceride
 - b) Glyceride
 - c) Phenyl alanine
 - d) Amino acid

2. The nutrient found in sugar is
 - a) Fats
 - b) Proteins
 - c) Vitamins
 - d) Carbohydrates

3. Digestion of carbohydrates starts in the
 - a) Large intestines
 - b) Small intestines
 - c) Mouth
 - d) Stomach

4. Digestion of proteins starts in the
 - a) Large intestines
 - b) Small intestines
 - c) Mouth
 - d) Stomach

5. BMI is the abbreviation of
 - a) Body matrix index
 - b) Basal mass index
 - c) Body mass index
 - d) None of the above

6. Foods like kales, spinach and broccoli are rich in
 - a) Carbohydrates
 - b) Proteins
 - c) Vitamins
 - d) Fabre

7.is essential for strengthening teethes and bones.
- a) Calcium
 - b) Iron
 - c) Phosphorous
 - d) Magnesium
8. Excess carbohydrates in the body are converted to
- a) Muscle tissue
 - b) Adipose tissue
 - c) Connective tissue
 - d) None of the above
9. Deficiency of vitamins A in the body causes
- a) Nyctalopia
 - b) Goiter
 - c) Brittle bones
 - d) Dermatitis
10. Which one is not a digestive enzyme
- a) Amylase
 - b) Maltose
 - c) Lactase
 - d) Lipase
11. Which of the following is a macronutrient?
- a) Vitamin K
 - b) Iodine
 - c) Triglyceride
 - d) Amino acid
12. Which method of nutritional assessment is used in assessing fat free mass?
- a) Mid upper arm circumference
 - b) Head circumference
 - c) Hip-to-waist ratio
 - d) Weight/height m²

13. What is the scientific name for vitamin B₁ ?
- a) Riboflavin
 - b) Thiamine
 - c) Niacin
 - d) Pyridoxine
14. Iodine deficiency causesin adults andin children.
- a) Goiter, cretinism
 - b) Cretinism, goiter
 - c) Goiter, iodinitis
 - d) Iodinitis, cretinism
15. Identify the sources of the mineral zinc
- a) Milk, eggs, green vegetables, and orange vegetables
 - b) Beans and lentils, citrus fruits, and leafy green vegetables
 - c) Beans, nuts, whole grains, and dairy products
 - d) All of the above
16. Deficiency in vitamin B₉ causes
- a) Severe birth defects, growth problems, or anemia
 - b) Scurvy, dermatitis, keratinitis
 - c) Cracked lips, sore tongue, sores in the corners of the mouth
 - d) Pernicious anemia
17. Deficiency of proteins and carbohydrates in infants leads to
- a) Marasmus
 - b) Goiter
 - c) Obesity
 - d) Kwashiorkor
18. Fat is completely digested in the
- a) Stomach
 - b) Mouth
 - c) Small intestine
 - d) Large intestines

19. Phytonadione is the chemical name of
- a) Vitamin E
 - b) Vitamin A
 - c) Vitamin B6
 - d) Vitamin K
20. Where does the enzyme amylase produced?
- a) Small intestines
 - b) Salivary glands
 - c) Stomach
 - d) Liver

SECTION B: SAQs (40 MARKS)

1. Draw a well labeled diagram of the gastrointestinal tract (5 marks)
2. List six (6) drugs used in the management of obesity (3 marks)
3. Describe the different types of fats and oils (8 marks)
4. Calculate the body mass index of a 14 year old girl weighing 68 kgs, waist of 26 cms and a height of 1.33 m. Grade her and identify the action applied to the grade (8 marks marks)
5. Explain the seven components of a balanced diet and there importance in the human body (8 marks)
6. Describe the energy balance equation (8 marks)

SECTION C: LAQs (40 MARKS)

1. Discuss life style change as a strategy of weight management (20 marks)
2. Discuss how any country's parliament can help in the promotion of healthy eating citizens (20 marks)