

# Uganda Martyrs University

## Faculty of Agriculture

B. Agriculture III, Semester II Final Assessment: 2015/2016

### Course Unit: HUN 3101 Consumer Nutrition

Time: 09:30 am – 12:30 pm

Date: Thursday 28<sup>th</sup> April 2016

#### **Instructions:**

- Answer any Four questions
  - Do not write anything on a question paper
  - Time: Three hours(3HRS)
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- 1a. Discuss the factors that influence the choice of food (10 Marks)
- 1b. Explain the adverse effects of an excessive intake of sugars (10 marks)
- 1c. Elaborate the effects on infants from mothers who drink excessive alcohol during pregnancy (5 marks)
  
- 2a. Discuss the problems associated with high intake of fats in human beings. (10 marks).
- 2b. Define the term adiposity? (5 marks)
- 2c. Explain the different techniques used in assessing adiposity in human beings (10 marks)
  
- 3a. State the health risks of obesity in humans (8 marks)
- 3b. Explains reasons why obese people are more at risk of death during surgery and post-operative complications compared to lean people (10 marks)
- 3c. State how obese people can be helped to lose weight (7 marks)?
  
- 4a. State the functions of lipids in humans (10 marks)
- 4b. Differentiate between saturated and un saturated fats (4 marks)
- 4c. Explain why saturated fats are sometimes considered as bad fats (4 marks)

4d. State the reasons why Omega 3 and Omega 6 fatty acids are considered as essential fatty acids (7 marks)

5a. Life is full of stressful situations. As a student list any five major signs of stress (5 marks)

5b. Discuss the different ways of managing stress (10 marks)

5c. Women are the mothers of a nation and their health wellbeing is important for the social and economic development of a country. Discuss the major ways on how women can live a healthy life. (10 marks)

6a. Describe the steps to improve food hygiene (10 marks)

6b. Discuss the major effects of iodine deficiency disorders (IDDs) in humans (7 marks)

6c. State Indicators of qualitative food losses (8 marks)

7a. Write short notes on the following:

- i. Food poisoning (4 marks)
- ii. Thermophiles (3 marks)
- iii. Psychrophiles (3 marks)
- iv. Food spoilage (4 marks)
- v. Food contamination (4 marks)

7b. Explain factors that lead to low density lipoprotein (LDL) or raise high density lipoprotein (HDL) (7 marks)

8. Explain the relationship between food, nutrients and malnutrition. (25 marks)