

Uganda Martyrs University

Faculty of Agriculture

B. Agriculture III Semester I Final Exams: 2018/2019

Course Unit: HUN 3101: Consumer Nutrition

Time: 09:30 am – 12:30 pm

Date: Wednesday, 12th December, 2018

Instructions:

- i. Attempt any FOUR Questions
 - ii. Each question is 25 marks
 - iii. *Do not write anything on a question paper*
 - iv. *Time: Three hours*
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1. a) Discuss the effects of malnutrition on the health and economic status of:
 - i) infants and young children
 - ii) adult women of child bearing age. (13 marks)
- b) List the health risks of obesity in humans. (05 marks)
- c) Explain how obese people can be helped to lose weight. (07 marks)
2. a) Explain five functions of lipids in humans. (05 marks)
- b) Discuss any ten factors that influence the choice of food (10 Marks)
- c) Identify ten clinical signs of kwashiorkor. (10 marks)
3. Describe the following terms;
 - a) Malnutrition (05marks)
 - b) Under nutrition (05marks)
 - c) Acute malnutrition (05marks)
 - d) Over nutrition (05 marks)
 - e) Chronic malnutrition (05 marks)
4. a) State six roles played by carbohydrates in all life forms. (06 marks)
- b) Discuss the factors that lower density Lipoprotein (LDL) or raise high density Lipoprotein. (08 marks)
- c) Identify six factors that determine the body food requirements of individuals. (06 marks)
- d) Describe five steps to improve food hygiene. (05 marks)
5. a) Life is full of stressful situations. As a student list any fifteen major signs of stress. (15 marks)
- b) Discuss ten different ways of managing stress. (10 marks)
6. a) Explain the adverse effects of excessive intake of sugars. (04 marks)

- b) Discuss the different techniques used in assessing adiposity in human beings. (15 marks)
 - c) Draw a day's Menu for the University, starting with breakfast, lunch and supper. (06 marks)
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- a) State the roles played by proteins in all life forms. (10 marks)
 - b) Discuss simple preventive steps that can be used to control food borne diseases. (10 marks)
 - c) State the most common malnutrition diseases in Uganda. (05 marks)
- 8.
- a) Women are the mothers of a nation and their health and wellbeing is important for the social and economic development of a country. Discuss the major tips on how women can live a healthy life. (15 marks)
 - b) Discuss the importance of good nutrition. (05 marks)
 - c) Explain what the amount and type of nutrients in a food depends on. (05 marks)