



**RAJARATA UNIVERSITY OF SRI LANKA
FACULTY OF APPLIED SCIENCES**

**B.Sc. (General) Degree in Health Promotion
First Year – Semester II Examination – February/March 2019**

HPT 1206 – NUTRITION AND METABOLISM

Time: Two (02) hours.

Answer ALL questions.

1. a) Describe the metabolic role of the liver. **(30 marks)**
b) Outline the main steps of metabolism process of energy yielding nutrients. **(30 marks)**
c) Design a health promotion intervention to promote healthy dietary practices among adolescents in a school. **(40 marks)**
2. a) Explain the physiological process of developing **type II** diabetes. **(40 marks)**
b) Describe the digestion, absorption and transport of carbohydrates in the body. **(60 marks)**
3. a) List **five (05)** enzymes that contribute to protein digestion in the small intestine. **(15 marks)**
b) Outline main steps of protein synthesis in the human body. **(45 marks)**
c) Discuss the importance of promoting protein rich food among primary school children. **(40 marks)**
4. Write short notes on followings;
a) Amino acids. **(25 marks)**
b) Health effects of mono unsaturated fatty acid and polyunsaturated fatty acids. **(25 marks)**
c) Dietary Reference Intake (DRI). **(25 marks)**
d) Importance of measuring human body composition. **(25 marks)**

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