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RAJARATA UNIVERSITY OF SRI LANKA
FACULTY OF APPLIED SCIENCES

B.Sc. (General) Degree in Health Promotion
First Year – Semester II Examination – October/November 2017

HPT 1206 – NUTRITION AND METABOLISM

Time: Two (02) hours

Answer **ALL** questions.

1. Write notes on the following;
 - a) digestive function of small intestine (25 marks)
 - b) factors associated with food choices (25 marks)
 - c) energy yielding nutrients in the body (25 marks)
 - d) Dietary Reference Intake (DRI). (25 marks)
2. a) Explain using relevant examples the role of “satiation” and “satiety” in maintaining nutrition balance in the human body. (30 marks)
- b) Describe the factors which determine Basal Metabolic Rate (BMR). (30 marks)
- c) Briefly explain two strategies which could be used to reduce processed food consumption in school children. (40 marks)
3. a) List **five (05)** Non-Communicable Diseases (NCDs) that result from nutrition related habits. (20 marks)
- b) Discuss how Body Mass Index (BMI) could be used as an effective indicator to describe the physical status of a person. (30 marks)
- c) Design an intervention to address the risk of diabetes among school children in a given MOH area. (50 marks)

4. a) Discuss the nutrition requirement during and after pregnancy.

(40 marks)

- b) It has been observed that the nutritional status of children in a preschool located in a very poor community was low. Outline the major steps of a programme to improve the nutritional status of these preschool children.

(60 marks)

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