



RAJARATA UNIVERSITY OF SRI LANKA
FACULTY OF APPLIED SCIENCES

B.Sc. in Health Promotion
First Year – Semester II Examination – September/October 2020

HPT 1206 – NUTRITION AND METABOLISM

Time: Two (02) hours

Answer **ALL** questions.

1. a) Define the term “weight management”. (20 marks)
- b) Describe the process of fat cell development in adults. (40 marks)
- c) Explain the lipid digestion in the human body. (40 marks)

2. a) List **four (04)** major micro-nutrients required during pregnancy. (10 marks)
- b) Describe the role of two micro-nutrients mentioned in above (2.a) during pregnancy. (40 marks)
- c) Discuss how to ensure healthy weight management of pregnant mothers in an estate community. (50 marks)

3. a) List **five (05)** diseases caused by unhealthy nutritional practices. (20 marks)
- b) Discuss how to apply the “plate method” to promote healthy dietary practices among individuals. (30 marks)
- c) Discuss the determinants of over-nutrition. (50 marks)

4. Write short notes on followings.
 - a) Satiety and satiation (25 marks)
 - b) Dietary Reference Intake (DRI) (25 marks)
 - c) Chemical digestion of small intestine (25 marks)
 - d) Role of the glucose in the body (25 marks)

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