



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

Library
Faculty of Applied Sciences
Rajarata University of Sri Lanka
Mihintale.

**B.Sc. (General) Degree in Health Promotion
First Year- Semester II Examination – November /December 2016**

HPT 1206 - NUTRITION AND METABOLISM

Time: Two (02) hours

Answer all four (04) questions.

1. a) 'Physical activity is the most variable and the most changeable component in energy expenditure.'
 i. Justify the above statement with reference to energy expenditure of the body.
 (40 marks)
 ii. List four measures to improve physical activity level of the university students.
 (20 marks)
 b) Briefly explain the protein digestion process inside the body.
 (40 marks)
2. Child growth is recognized as an important indicator of nutritional status and health of children. A community where 30% of children under five years were under weight, has shown a reduction by 16% after six months due to a programme focusing on building capacity of community groups and public health midwives, conducted by a health promotion facilitator.
 a) Explain five determinants that would have affected nutrition status of this children.
 (30 marks)
 b) Discuss the possible strategies that could have been used to achieve above results.
 (70 marks)

3. 'Consuming variety of vegetables and fruits is recommended as a healthy dietary practice.'

a) Giving relevant examples, discuss the above statement.

(40 marks)

b) Describe the content of a program that can be delivered to a group of mothers to shift the dietary pattern from the traditional starch enriched, energy dense food plate to a nutritious healthy food plate.

(60 marks)

4. There is a rapid increase in the usage of processed food in Sri Lanka. Consumption of processed food is harmful to health.

a) Explain what is meant by the term 'processed food'?

(15 marks)

b) Briefly explain five reasons why majority of processed food are harmful to health.

(25 marks)

c) Describe three strategies that can be used to reduce the processed food consumption.

(60 marks)

END