



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

**B.Sc. (General) Degree in Health Promotion  
First Year – Semester II Examination – February/March, 2013**

**HPT 1206 – NUTRITION AND METABOLISM**

**Time: 2 hours**

Answer **all four (04)** questions.

**Illustrate your answers with labeled diagrams where appropriate.**

1. a) List five health benefits of dietary fibers. **(20 marks)**  
b) Briefly describe the most common type of disease which is associated with malfunctions of blood glucose regulation. **(20 marks)**  
c) Design a health promotion intervention to prevent the disease you mentioned in “part b”, among residents of an urban community in Anuradhapura district by addressing possible risk factors. **(60 marks)**
2. a) Summarize the effects of various types of fats and lipoproteins on blood lipid levels of an individual **(30 marks)**  
b) Mention the process of development of Atherosclerosis. **(10 marks)**  
c) Design and present a food guide for an obese person who is at risk of developing a cardiovascular disease. Justify your answer. **(60 marks)**

3. A 36 years old mother who has a three months old baby is planning to initiate formula (milk powder) feeds to the child instead of breast milk.

a) List possible reasons that she would bring up in support of her decision. **(20 marks)**

b) As a Health Promotion Facilitator, describe how you would influence her to continue breast feeding without initiating formula feeds. **(30 marks)**

c) Outline important issues and solutions to be addressed in a talk that you will deliver to a group of university students on targeting of nutritional status of youth by commercial brands. **(50 marks)**

4. a) Write brief notes on any **two** (02) of the following

i. Stunting and wasting

ii. Protein malnutrition

iii. Dietary Reference Intakes

**(30 marks)**

b) Kamala is a 19 year-old mother who lives in a rural village situated in the Anuradhapura district. Her husband is a carpenter and consumes alcohol daily. She has two children of one year and three years whose weight for age are respectively below -3SD and between -2SD and -3SD. The three-year old child's weight remained in the same level during the past three months.

i. Name the nutritional problems that these two children are suffering from. Provide justification for your answer.

**(30 marks)**

ii Construct a web of determinant factors associated with above nutritional problems.

**(40 marks)**