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07/2/2013

RAJARATA UNIVERSITY OF SRI LANKA

FACULTY OF APPLIED SCIENCES

B.Sc. in Health Promotion

First Year – Semester II Examination – Jan/Feb 2023

HPT 1306 – NUTRITION AND METABOLISM

Time: Three (03) hours

Answer ALL questions

1. a) Explain the term “weight management”. (30 marks)
b) Discuss the advantages of adequate intake of fiber. (30 marks)
c) Outline the steps of blood glucose homeostasis. (40 marks)
2. a) List four (04) micro-nutrients required during pregnancy. (10 marks)
b) Describe the functions of two nutrients mentioned in above 4 (a). (40 marks)
c) Outline a health promotion intervention to promote healthy dietary practices of pregnant mothers in a given area. (50 marks)
3. a) List five (05) main functions of fatty acids in human body. (20 marks)
b) Describe the process of lipid transportation. (30 marks)
c) Discuss the strategies to address undernutrition problem among adolescents live in an economically deprived community. (50 marks)
4. a) List five (05) functions of protein in the body. (20 marks)
b) Explain the process of protein digestion. (40 marks)
c) Describe the protein synthesis in the human body. (40 marks)

5. a) List **five(05)** hormones that influence food intake. (10 marks)
- b) Explain the factors that determine Basal Metabolic Rate (BMR) of an individual. (40 marks)
- c) Suggest the strategies to improve physical activities among university students. (50 marks)
6. Write short notes on followings,
- a) Satiety and satiation. (30 marks)
- b) Dietary Reference Intake (DRI). (30 marks)
- c) Role of liver in human nutrition. (40 marks)

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