



RAJARATA UNIVERSITY OF SRI LANKA
FACULTY OF APPLIED SCIENCES, MIHINTALE
B.Sc. (General) Degree in Health Promotion
First Year – Semester II Examination – March/April, 2014

HPT 1206 – NUTRITION AND METABOLISM

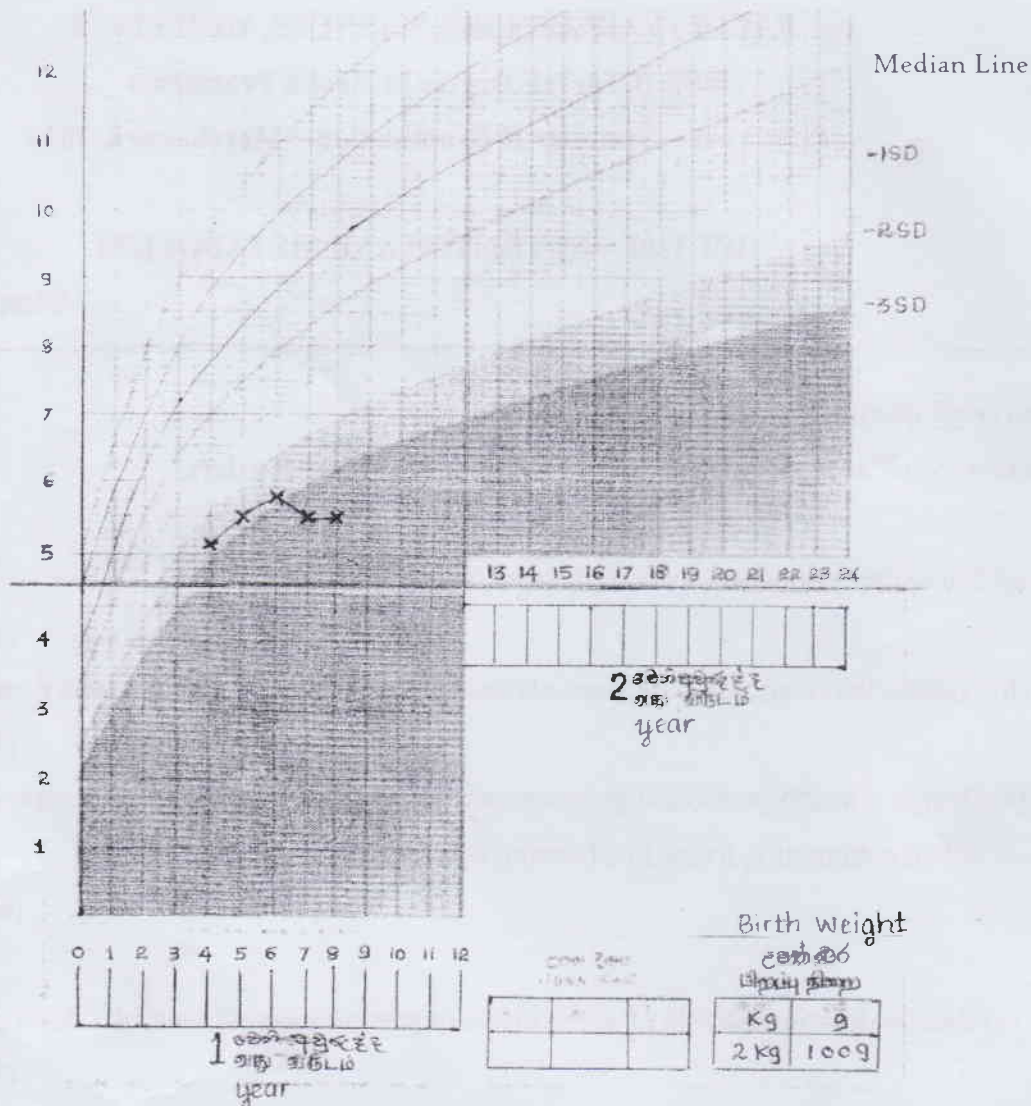
Time: 2 hours

Answer all questions

Illustrate your answers with labeled diagrams where appropriate.

1. (a) Name the commonest form of diabetes found in Sri Lanka.
(10 marks)
- (b) Discuss the relationship between above mentioned type of diabetes with overweight.
(30 marks)
- (c) Design a health promotion programme to prevent above mentioned disease among an urban community, living in a housing scheme.
(60 marks)
2. (a) Briefly describe the role of antioxidants in preventing cardiovascular diseases.
(30 marks)
- (b) List four dietary guidelines that are important in controlling high serum cholesterol level.
(20 marks)
- (c) Discuss the dietary guidelines you mentioned in 2 (b), in relation to prevention of cardiovascular diseases.
(50 marks)

3. Following is a growth chart of an eight month old baby living in a rural community in Anuradhpura district. He has one sister who is two years old and his mother is 19 years old.



(a) How would you interpret above weight monitoring record?

(40 marks)

(b) Analyze the growth of this child in relation to possible factors which could have contributed for this situation.

(60 marks)

4. Write brief notes on following topics.

- (a) Services available in Sri Lanka maternal health care package to ensure the nutritional status of pregnant mothers (25 marks)
- (b) Dietary Reference Intakes (25 marks)
- (c) Glycemic effect (25 marks)
- (d) Health benefits of dietary fibers (25 marks)