



NATIONAL OPEN UNIVERSITY OF NIGERIA
14-16 AHMADU BELLO WAY, VICTORIA ISLAND LAGOS
SCHOOL OF SCIENCE AND TECHNOLOGY
MAY/JUNE 2012 EXAMINATION

NSS 302: NUTRITION IN HEALTH AND DISEASE
2HOURS

TIME:

Instructions: Read the questions carefully.
You have six questions to answer four.
All questions carry equal marks (25%) each.

QUESTION 1

- a. Define food classification. (3marks)
- b. Mention the classes of food recommended for all tropical regions of the world. (5marks)
- c. In tabular format, present the approximate protein content and amino-acid deficiencies of weaning foods and give your references. (17marks)

QUESTION 2

- a. What is the definition of nutrition according to Robinson at the Congress of the American Medical Association in 1966? (4marks)
- b. What is Exclusive Breast Feeding? (3marks)
- c. What is weaning? (3marks)
- d. What is World Food Summit of 1996 definition of food security? (3marks)
- 2e List the objectives of a diabetic diet. (12marks)

QUESTION 3

- a. What is food? (3marks)
- b. What is EBF? (2marks)
- c. What is the difference between breastfeeding and bottle-feeding? (2marks)
- d. Gives two examples of bottle-feeding (2 marks)
- e. List the eight advantages of breast-feeding. (10 marks)
- f. What are the common factors militating against breast-feeding? (6marks)

QUESTION 4

- a. What is PEM? (2marks)
- b. What is another name for PEM? (2marks)
- c. Discuss the two types of PEM. (12 marks)
- d. What is the Nutritional "Disease of Affluence" in Nigeria? (9marks)

QUESTION 5

- a. Name the two vitamins and a mineral that have side-effects as a result of their excessive consumption. (6 marks)
- b. What is Hemosiderosis, how does it occur and what are the side-effects? (19marks)

QUESTION 6

- a. Name two bases upon which foods are classified. (4marks)
- b. In tabular form, compare the nutrient content of colostrums, cow and human milk and quote your . (21marks)