

## NUTRITION AND HEALTH

### BND 1204: CAT 1

1. Explain the following terms; (8 marks)
  - i. Nutrition assessment
  - ii. Food security
  - iii. Limiting amino acid
  - iv. Recommended Daily Allowance
2. Explain the functions of vitamin C in the human body (4 marks)
3. Describe two major nutritional problems facing the community (4 marks)
4. Discuss the anthropometric method of nutrition assessment (4 marks)
5. Explain the health benefits of insoluble fibers (4 marks)
6. Outline any four signs and symptoms of protein energy malnutrition (4 marks)
7. State any two non-essential amino acids (2 marks)