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**University Examinations 2014/2015**

FOURTH YEAR SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE IN FOOD SCIENCE AND NUTRITION

**AFN 3477: NUTRACEUTICALS AND EMERGING ISSUES IN NUTRITION**

 **DATE: APRIL 2015 TIME: 2 HOURS**

**INSTRUCTIONS:** *Answer question* ***one*** *and any other* ***two*** *questions*

**QUESTION ONE (30 MARKS)**

1. Define the following (4 Marks)
2. Resistant starches
3. Dietary supplements
4. Vita foods
5. Synbiotics
6. Differentiate between the following terms (6 Marks)
7. Neutraceuticals and functional foods
8. Probiotics and prebiotics
9. Outline the reasons for the public’s growing interest in neutraceuticals (4 Marks)
10. List the three types of claims that appear on food labels (3 Marks)
11. Outline five groups of people who are likely to need supplements for proper nutrition

(5 Marks)

1. Briefly explain the mechanisms through which soy bean proteins cause reductions in blood cholesterol (5 Marks)
2. List three benefits of omega-3 fatty acids (3 Marks)

**QUESTION TWO (20 MARKS)**

Discuss the health benefits of dietary fiber (20 Marks)

**QUESTION THREE (20 MARKS)**

Explain the advantages and disadvantages for the use of dietary supplements (20 Marks)

**QUESTION FOUR (20 MARKS)**

Discuss the use of functional foods in:-

1. Weight management
2. Prevention of diabetes
3. Control of gastrointestinal infections (20 Marks)