



MASENO UNIVERSITY
UNIVERSITY EXAMINATIONS 2013/2014

**SECOND YEAR SECOND SEMESTER EXAMINATIONS FOR THE
DEGREE OF BACHELOR OF SCIENCE IN MEDICAL LABORATORY
SCIENCE WITH INFORMATION TECHNOLOGY
(CITY CAMPUS - EVENING)**

**PMT 214: FUNDAMENTALS OF NUTRITION AND
HEALTH**

Date: 14th July, 2014

Time: 5.30 - 7.30 p.m.

Instructions

This paper consists of two sections (A and B). Section A consists of short answer questions (SAQ) and amounts to **40 marks**.

Section B constitutes long answer questions (LAQ) totaling to **30 marks**.

Attempt **all questions** in section A

Answer **any two other questions** in section B in the answer booklet(s) provided

SECTION A (40 MARKS)

Answer ALL questions in this section

- 1) State five consequences of insufficient dietary fat (5 marks)
- 2) Outline five benefits of soluble fibre rich diet (5 marks)
- 3) Enumerate five characteristics of fat soluble vitamins (5 marks)
- 4) State five components of nutritional assessment (5 marks)
- 5) Give five causes of iron deficiency (5 marks)
- 6) State five factors that will guarantee good health to young children (5 marks)
- 7) Specify five principal mechanisms of nutritional interventions (5 marks)
- 8) State five aspects that will influence blood cholesterol level (5 marks)

SECTION B (30 MARKS)

Answer Any TWO questions in this section. Question 1 is compulsory.

- 1) Discuss the consequences of overconsumption of proteins (15 marks)
- 2) Discuss methods of nutrition intervention (15 marks)
- 3) Using an appropriate illustration, explain the causes of under-nutrition (15 marks)