

**MAASAI MARA UNIVERSITY**

**REGULAR UNIVERSITY EXAMINATIONS**

**2016/2017 ACADEMIC YEAR**

**FOURTH YEAR FIRST SEMESTER**

**SCHOOL OF TOURISM AND NATURAL RESOURCE MANAGEMENT**

**BACHELOR IN ENVIRONMENTAL STUDIES**

**(ENVIRONMENTAL BIOLOGY AND HEALTH)**

**COURSE CODE: EBH 301**

**COURSE TITLE: ENVIRONMENT, HEALTH, FOOD                                  AND NUTRITION**

**DATE: 1ST FEBRUARY, 2017 TIME: 1100 – 1300HRS**

**INSTRUCTIONS TO CANDIDATES**

Answer **ALL** questions in section **A** and any other **THREE** in section **B.**

***This paper consists of 2 printed pages. Please turn over***

**SECTION A**

1. Define: Health, Macro-environment, Micro-environment and Internal Environment. **(4marks)**

2. What is a food system? **(2marks)**

3. Explain the term “health effect” **(2marks)**

4. How can we tell if our environment has beneficial effects **(2marks)**

5. Name some 4 nutrient functions in the body  **(2marks)**

6. Define a community food system **(2marks)**

7. How does biological food spoilage/contamination occur? **(2marks)**

8. How does our psychosocial environment affect our health?  **(4marks)**

9. Explain the two types of proteins **(2marks)**

11. What are the advantages of exercising to prevent and manage lifestyle diseases  **(3marks)**

**SECTION B**

1. Name the vitamin: **(5marks)**

b. Explain some possible beneficial uses of genetic engineering technology **(5marks)**

**c.** What are some of the benefits of employing a local food system? **(5marks)**

1. What are the main roles of Environmental Health Problem Investigators?  **(6marks)**
2. Which common practices are carried out under sustainable /organic farming? **(5marks)**
3. Why do we need to include some good fat in our diet? **(4marks)**
4. Give 5 warning signs for stroke **(5marks)**
5. Discuss Environmental Tobbaco Smoke as a chemical hazard in the environment. **(3marks).**
6. What is genetically modified food? **(1mark)**
7. Outline fully the main veterinary drugs that can be contaminate food? **(6marks)**
8. What functions does fibre play in our diet? **(3marks)**

b. There are some practices that need to be observed for safe food handling. What are they? **(4marks)**

c. Differentiate between food as a commodity and food for community approach **(8marks)**

**//END**