

BOWEN UNIVERSITY, IWO
COLLEGE OF HEALTH SCIENCES
NUTRITION AND DIETETICS PROGRAMME
2020/2021 FIRST SEMESTER EXAMINATION

COURSE CODE: NTD 201
CREDIT UNIT: 3
TIME: 2HRS 30 MIN

**COURSE TITLE: INTRODUCTION TO NUTRITION
AND DIETETICS 1**
**INSTRUCTION: ANSWER FIVE QUESTIONS (At
least TWO from each section)**

Section A

1. a. Explain the following terms with examples where applicable (6marks)
i. Nutrients ii. Nutrition iii. Dietetics
- b. Enumerate 4 carrier job opportunities for a nutritionist (4marks)
- c. Highlight four reasons for cooking food. (4marks)
2. a. Explain four methods of cooking stating their advantages and disadvantages (8marks)
- b. Discuss in details the different external changes that occur in food preparation. (6marks)
3. a. Describe the changes that occur when carbohydrate and protein are exposed to heat (4marks)
- b. List four food groups, giving examples of food in each food group (4marks)
- c. Draw and explain a fully labeled food guide pyramid (6marks)

Section B

4. a. Highlight five usefulness of fats in the body. (5marks)
- b. Mention the four types of lipoproteins (4marks)
- c. What are dietary reference intakes? Mention the four sets of reference values for dietary reference intakes. (5marks)
5. a. Explain the following terms giving relevant examples. (2marks each)
i. Antioxidants
ii. Polysaccharides
iii. Limiting amino acids
iv. Oligosaccharides
v. Probiotics
- b. Give the importance of fibers in the diet (4marks)
6. a. Mention 5 functions of water as a nutrient. (5marks)
- b. Write briefly on the following micronutrients: Iodine, Iron, and Vitamin A (9marks)
7. Differentiate between the following pairs giving relevant examples where appropriate.
i. Complete and Incomplete protein
ii. Heme and Non-heme iron
iii. Saturated and unsaturated fatty acids
iv. Trans and Cis fatty acids
v. Essential and non-essential nutrients
vi. Trace and major minerals
vii. Water soluble and fat soluble vitamin (14marks)