

BOWEN UNIVERSITY, IWO
COLLEGE OF HEALTH SCIENCES
NUTRITION AND DIETETICS PROGRAM
2021/2022 FIRST SEMESTER EXAMINATION

COURSE CODE: NTD 415
CREDIT UNIT: 3
TIME: 2HRS 30MIN

COURSE TITLE: TOXICANTS IN FOOD

INSTRUCTION: ANSWER FIVE QUESTIONS

Answer Question 1 and any other 4. Each question carries equal mark.

1. Madam Bola is the owner of a well patronized cafeteria where various forms of food products and unhealthy drinks are being sold to students who consumes it as breakfast, lunch or dinner. Kindly educate her on what toxicants are, discussing also the effect on health when these toxic substances are ingested by humans. **14marks**
2. a. A chemical is determined to be toxic depending on some factors. List 4 of these factors **4marks**
b. Cooking food is plausible, however, a wide variety of chemicals with toxic properties are formed during the process of cooking. Discuss. **10marks**
3. a. There are expectations in order to prevent unscrupulous trade practices as a consumer, list 5 of these expectations. **5marks**
b. Every human being has not only rights but also responsibilities. Kindly enlighten Dupe, on her responsibilities in order to be able to exercise her right as a consumer. **9marks**
4. a. As a nutritionist in a correctional home, write a hazard analysis plan in a cooked food such as boiled rice. **10marks**
b. List 4 corrective actions when things go wrong in order to reduce hazard or ensure safety of the end product, boiled rice. **4marks**
5. a. Discuss the various route of exposure to toxicants and how they can be eliminated. **10marks**
b. Many factors affect the reaction of an organism to a toxic chemical. Mention 4 of them **4marks**
6. a. Consumers who understand how to read labels are best able to apply the information to achieve and maintain healthful dietary practices. Kindly explain this to Madam Kofo, a 50 year old woman is particular about her calorie intake. **10marks**
b. Kindly tell her 4 dietary guidelines to bear in mind when buying groceries. **4marks**