

**BOWEN UNIVERSITY, IWO  
COLLEGE OF HEALTH SCIENCES  
NUTRITION AND DIETETICS PROGRAMME  
2023/2024 FIRST SEMESTER EXAMINATION**

**COURSE CODE: NUT 101**

**COURSE TITLE: INTRODUCTION TO HUMAN  
NUTRITION AND DIETETICS**

**CREDIT UNIT: 2**

**TIME: 2 HOURS**

**INSTRUCTION: ANSWER FOUR QUESTIONS**

1. a. Explain the historical development of Nutrition and Dietetics **9.5 marks**  
b. Define the following terms:  
    i. Food ii. Nutrients iii. Diet iv. Antinutrient **8 marks**
  
2. a. List and describe five (5) career opportunities in the field of Nutrition and Dietetics **12.5 marks**  
b. Write a short note on the required academic preparation to emerge as qualified nutrition and dietetics professional. **5 marks**
  
3. a. With the aid of a diagram, describe Maslow's hierarchy of needs **7.5 marks**  
b. Describe the role of nutrition in addressing any two (2) of the needs in the Maslow's hierarchy of needs **4 marks**  
c. Differentiate between a need and a want. **6 marks**
  
4. a. What is a food group? **2.5 marks**  
b. In a tabular form, list 10 food groups, examples of food items in each food group and the major nutrient supplied by each food group **15 marks**
  
5. a. Define the term 'Nutrient requirement' **2.5 marks**  
b. Define the following Dietary Reference Intakes:  
    i. Estimated Average Requirement  
    ii. Recommended Daily Allowance  
    iii. Adequate Intake  
    iv. Tolerable Upper Intake Level **8 marks**  
c. Write a short note on macronutrients **7 marks**
  
6. a. Write briefly on the importance of Nutrition to human health **7.5 marks**  
b. State 5 nutrition recommendations for people living with HIV/AIDS **10 marks**