

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

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

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

**Section A**

1. a. Explain the following terms:
  - i. Nutrient 3marks
  - ii. Phytochemicals 3marks
  - iii. Health 3marks
  - iv. Disease 3marks
- b. List four reasons why we eat 2marks
2. a. Write a brief history on Nutrition and Dietetics 5marks
- b. List and discuss five professional areas in Nutrition and Dietetics 5marks
- c. Explain the term macronutrient and micronutrient in food 4marks
3. a. List three macronutrients, its food sources and two functions of each 4marks
- b. List three micronutrient, its food sources and three function of each 6marks
- c. Discuss with examples the term soluble and insoluble dietary fibres 4marks

**Section B**

4. a) There are various cooking methods. Mention 4 cooking methods and the cooking effects each has on food properties while stating the chemical processes. 12 marks
- b) Why should food be cooked before eaten? Give 4 reasons. 2 marks
5. Malnutrition has been a major cause of death all over the world. Write on various forms of malnutrition. 14marks
6. As the head nutritionist in an institution, explain the following to the new set of interns posted to your unit
  - a) Food guide pyramid 6marks
  - b) Adequate diet 4marks
  - c) Nutrient requirements 4marks