

**BOWEN UNIVERSITY, IWO  
COLLEGE OF HEALTH SCIENCES  
NUTRITION AND DIETETICS PROGRAM  
2019/2020 FIRST SEMESTER EXAMINATION**

**COURSE CODE: NTD 201    COURSE TITLE: INTRODUCTION TO NUTRITION AND DIETETICS**

**TIME: 2HRS 30MIN**

**INSTRUCTION: ANSWER FIVE QUESTIONS WITH AT LEAST TWO FROM SECTION.**

**Each question carries equal mark.**

**Section A**

- 1 a. Human Nutrition is a complex scientific domain, explain. (4 marks)  
b. Highlight 7 career/job opportunities for a nutritionist. (7marks)  
c. What is malnutrition? (4 marks)
  
- 2 a. What is the relationship between good nutrition and health? (11marks)  
b. Define the following (4 marks)
  - i. Food
  - ii. Diet
  - iii. Dietitian
  - iv. Balanced diet
  
- 3 a. What is an adequate diet? (2 marks)  
b. Discuss the four major aspects of a high quality diet. (4 marks)  
c. Describe the use of the food guide pyramid and 'myplate' in planning an adequate diet. (9 marks)

**Section B**

4. a. Give four main reasons why food is required. (4marks)  
b. Water is essential for life. Discuss. (11marks)
  
5. a. What are fibres? (6marks)  
b. List i) 5 functions of phytochemicals (5marks)  
ii) 4 benefits of nutraceuticals (4marks)
  
6. a. What are vitamins? (6marks)  
b. Write the 2 functions each and deficiency of the following (9marks)
  - i) Calcium
  - ii) Potassium
  - iii) Sodium