

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

COURSE CODE: NTD 302
CREDIT UNIT: 2
TIME: 1HRS 30 MIN

COURSE TITLE: PRINCIPLES OF HUMAN
NUTRITION II
INSTRUCTION: ATTEMPT ANSWER ALL
QUESTIONS

Section A

1. What are Food Based Dietary Guidelines and why do we need them? (5marks)
2. Differentiate between RDA and EAR. (5marks)
3. Mrs. Trump is nursing a baby. She needs 2200 kcal per day and additional 350 kcal to compensate for her physiological state. Calculate the ranges of daily kilocalories she needs to obtain from carbohydrate, fat and protein? (5marks)
4. What is the difference between serving size and portion size? Give examples. (5marks)
5. Calculate the Total Energy Expenditure (TEE) of an adult female aged 36years weighing 56kg with a height of 1.56m. (5marks)
6. What is the EER of a healthy 2yr old boy who weighs 11.5kg? (5marks)
7. Write briefly on the external factors that regulate/influence food intake. (5marks)

Section B

8. Drugs and nutrients use many of the same enzyme systems in the small intestine and the liver hence they interact metabolically. Write briefly on the effects of nutrition on drug metabolism. (5marks)
9. Highlight 5 ways that drugs may alter food intake. (5marks)
10. Anti-nutrients or anti-nutritional factors are chemical compounds in plant tissues. Write briefly on their effects using 2 examples. (5marks)
11. Nutrients do not exist in isolation. Write briefly on nutrient-nutrient interaction and give three examples of such interactions (5marks)
12. Bioavailability is the proportion of ingested nutrient that is available for utilization by the body and to determine nutrient bioavailability, it depends on many factors. Highlight 5 of these factors. (5marks)
13. Several factors affect the bioavailability of ingested minerals. Briefly discuss. (5marks)
14. There are various secretions produced in enzymatic digestion and absorption of food. Name 2 secretions, their source, enzymes found in each of them, the substrate worked on, actions and resulting products. (5marks)